Chichester Herald
Friday 21st December 2012
YOUR FREE WEEKLY NEWSPAPER
Merry Christmas

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COMPETITION
Page 18

Have a very Merry Christmas from us!
PULL-OUT
Page 19

You'll want seconds!
FOOD COLUMN
Page 26

Xmas boost for CFT

Chichester Festival Theatre receives Heritage Lottery Fund investment

Dean Adams
MANAGING EDITOR
NEWS@CHICHESTERHERALD.CO.UK

CHICHESTER FESTIVAL THEATRE is celebrating after the news that they have received a grant of £1.2million from the Heritage Lottery Fund (HLF) in support of its RENEW development project.

The funding will support the restoration of the Grade II* listed Festival Theatre building and the introduction of a three year community participation programme due to start in January 2013. HLF's grant will help deliver important restoration works to the roof, concrete, glazing and timber fascias and re-instate 100 seats in the balconies.

Executive Director of Chichester Festival Theatre, Alan Finch, said: "This announcement is a real boost to our plans. We greatly value the support that the Heritage Lottery Fund is providing for our Theatre at this key stage in our redevelopment.

"We also welcome the exciting opportunity to celebrate our Theatre's heritage. Having marked our 50th anniversary this year, this feels like the perfect moment to embark on this major community project and involve as many volunteers as possible. There will be more information early in the New Year on how local people can take part in the activities being planned."

Stuart McLeod, Head of the Heritage Lottery Fund South East, said: "Chichester Theatre is a fantastic example of 20th century architecture which has delighted, educated and entertained generations of theatre-goers. Its fascinating history is tightly interwoven with the social history and culture

Continued on page 3

MORE HEADLINES >>

LOCAL BUSINESS FORFEITS CHRISTMAS TO HELP AFRICAN GIRL GO TO SCHOOL Page 3

CHICHESTER HIT BY EARTHQUAKE Page 8

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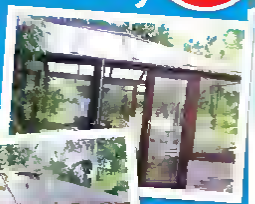

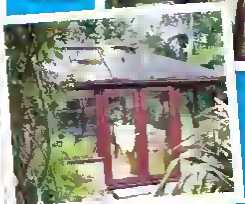

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Local business forfeits Christmas to help African girl go to school

▪ The Seed, Africa hits fundraising target after donation from Southbourne agency

A DIGITAL agency with offices in Southbourne has sacrificed its company's Christmas traditions to help a girl in Africa fulfil her dream of becoming a doctor.

Strawberrysoup would normally send its clients (The Body Shop, Marks & Spencer) a Christmas hamper in December, but this year pledged the money to The Seed, Africa instead.

The Seed was started by 25-year-old Georgina-Kate Adams, after the girl she sponsors in Swaziland was offered a place at a leading boarding school.

Emsworth-based journalist Georgina Kate launched a crowdfunding campaign last month to fundraise a scholarship for 15-year-old Lelo – allowing herself just 5 weeks to raise £6,700.

On the second to last day of the campaign, Strawberrysoup made a surprise pledge, helping to swing the balance and jump The Seed to 95% of its fundraising goal.

The company's £350 pledge also inspired others individuals to support the campaign, helping it to hit its target later that day.

Georgina

As well as attracting a pledge from the company, The Seed received support from several members of the Strawberrysoup team, which together totalled more than £300.

Georgina-Kate said: "When I first saw the £350 pledge come in, I thought there must be a fault with the crowdfunding website!

"I strongly believe in business as a force for good, so was thrilled to receive Strawberrysoup's support, which will help Lelo attend a school where she can fulfil her potential."

Keith McGregor, commercial director of Strawberrysoup added: "The campaign was brought to our attention by Samantha Loveday (project manager at Strawberrysoup) and immediately we felt the need to change our normal Christmas activities and put the money to better use.

"My co-founder Neil and I are so pleased the target was hit and look forward to keeping up-to-date with Lelo's progress over the next few years."

Goodwood confirms revised dates for the 2013 Festival of Speed

FOLLOWING the recent unexpected change to the 2013 Formula 1 calendar, Goodwood have felt it necessary to change the published dates of the Festival of Speed to avoid a clash with the revised German Grand Prix – and to ensure that the Festival can continue to host current F1 teams and drivers in 2013.

Current Formula 1 content has played an integral part in the Festival over the last twenty years, and will continue to do so in 2013 as part of Goodwood's 20th anniversary Festival celebrations.

Subject to any further amendments to the Grand Prix calendar, the 2013 Festival of Speed will now take place on 12-14 July, with the Moving Motor Show being held on Thursday 11 July.

All 2013 Festival of Speed tickets already purchased will remain valid for the new dates. However, any queries can be dealt with by contacting the Goodwood Ticket Office on +44(0)1243 755055, or email ticket.office@goodwood.com.

Continued from page 1

of Chichester. "We are delighted to add our support to a project which will not only ensure the building's survival but will also inspire and involve people of all ages for years to come."

In addition to the essential repairs to the Grade II* listed Festival Theatre, the RENEW redevelopment project will incorporate a new extension, increased seating capacity, improved access and public facilities, improved backstage facilities and changes to make the building more energy efficient.

An exciting and extensive activity programme will be rolled out as part of the project and will include providing public access to the theatre's records for the first time through archiving and digitisation, a touring exhibition, open days and youth theatre productions. As part of the training programme, three heritage traineeships, extensive volunteer opportunities and partnership working with community organisations, schools and universities will also be key to ensuring the local community are involved with the life of the project and theatre.

The RENEW fundraising campaign to raise the £22 million required now continues in earnest to raise the essential remaining £1 million.

The campaign is also supported by Arts Council England, West Sussex County Council and Chichester District Council, as well as support from trusts, local businesses and individuals.

Anorak Corner

Did you know? A taster of Chichester facts and figures...

In 1501 Bishop Storey erected Chichester market cross. If you wanted to sell goods at the market you had to pay a toll. Here were found poor peasants who only had a few eggs or a few vegetables to sell. The Bishop said anyone could sell things at the market and no one had to pay a toll, provided they stood under the cross.

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Here's to you, and a lovely Christmas

Tommy Boyd

HOLDING SHOP DOORS OPEN

You hold a shop door open perhaps one of the side ones at Marks and Sparks and people flood through Every man will mutter "You've got a job for life there" like they thought of it first These are the men who married the woman who will say to you tomorrow "All set for Christmas then?"

THE GREAT FRIDGE DEBATE

From October until March we all run a machine in the kitchen which burns electricity to keep its interior the same temperature as it is outside the kitchen door This is clearly madness but we all do it Milk is about the only thing that needs a low temperature to stay good Our fridges are stacked with cheese which is supposed to go off and eggs which are indifferent to temperature

CYCLING

The Olympic investment figures came out this week and it's clear that the UK is now a world leader at cycling How did this happen? Where did it come from in our national psyche? Usually this kind of leap in a sport is a tail-coating of a giant such as Sweden's proliferation in tennis players in the wake of Bjorn Borg Yet this explosion pre dates Bradley Wiggins I can t fathom how and where the beginning of Britain's magnificent overpowering of the Continentals occurred But wow!

END OF CHRISTMAS

About now I get that warm sensation which is the knowledge that it will be over soon the decorations safely put away along with the unwanted pullover The end of Christmas is part and parcel of the torrent of familiar family landmarks This is not me being "Bah Humbug!" It's just, well could you live like this all year round?

QUEEN'S SPEECH

The Queen's speech is all that remains in popular culture of the Christmases of our childhood It used to signal that a classic James Bond movie was lined up next then the build up to Morecambe and Wise could begin Elizabeth II is now quite an icon on the world scene The rest of the world's figureheads are forgettable apart from Nelson Mandela, and Aung San Suu Kyi the valiant woman bringing democracy to Burma

END OF THE WORLD

The world ends today according to some bunch of nuts somewhere Well we sane folk aren't fooled We ll carry on our rational activities such as pretending to our kids a fat man can visit every chimney on earth In one night and that two thousand years ago some men on camels followed a moving star knowing that it would hover over a baby who was the Son of God See we re not delusional like them end of the-worlders. No siree

CHRISTMAS

I hope you have the Christmas you hope for where the little moments you ve anticipated in your mind actually happen. whether It's someone being knocked out by a gift you ve bought them or a phone chat with someone you care very much about or whatever Of course I don t know who you are reading these words to yourself but here's to you anyway and a lovely Christmas.

CRACKER JOKE

How do monkeys make toast?
Stick some bread under the gorilla

Let us know what you think

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All tweets are from Chichester people or about the area
(Some tweets may contain errors)

@sussex_police

"A drunk woman assaults both her mum and nan in Chichester"

@sarahheadworth

"It appears that Chichester is becoming an island! Keep an eye on weather for later xx"

@Chloe_Wright_

"Casually breaking your Mums heart when you refer to Chichester as home #woops"

@SouthernRailUK

"and will no longer call at Chichester. This is due to flooding"

@DCassey

"Chichester is under water! Driving back from work practicing my river crossings for #mongolrally!"

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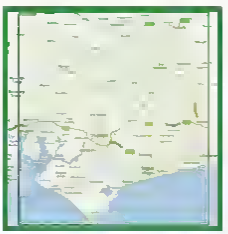

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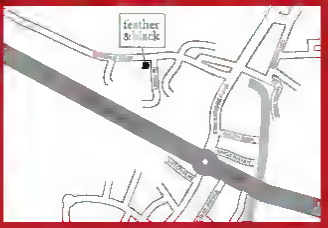

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DAY TWO: A little Chavenage Cheer. This Elizabethan Manor is privately owned and following refreshments we will be today treated to an exceptionally entertaining guided tour by the owners of Chavenage Manor. They will be ready for Christmas with its 15th Christmas tree in the Great Hall and we are certain you will enjoy this visit. Leaving Chavenage we will take afternoon ride through the Cotswolds to Stroud.

DAY THREE: A morning excursion to the beautiful Cotswold market town of Malmesbury before returning to the hotel for a lunchtime meal. Departing the hotel late afternoon we will make our way to Royal Wootton Bassett for their annual Christmas lights and shopping evening. There will be an optional excursion to the Swindon Shopping Outlet during the afternoon if you wish.

DAY FOUR. Christmas at Longleat – The park and house will be brought to life over the Christmas period with hundreds of dazzling lights and illuminations and a 50ft Christmas Tree. We will start our day with a Safari Park ride and from then on a chance to explore the park with all the usual attractions. There will be plenty of time to enjoy Longleat House and discover how beautifully it has been decorated in preparation for the festive season. There will be a Christmas Fayre where you will find gift inspirations and delicious festive food along with restaurants, cafes and the Lady Bath and Victorian Kitchen Shops.

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DAY ONE – Stopping in the New Forest and Lyme Regis en route to our hotel arriving mid afternoon.

DAY TWO: Morning free to stroll into Sidmouth and explore. Afternoon excursion along the South Devon Coast

DAY THREE: Leisurely depart stopping for morning coffee and lunch stops arriving back late afternoon.

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DAY ONE: Stopping en route for coffee and lunch breaks we will arrive late afternoon with time to settle into our rooms and enjoy the surroundings of our very welcoming hotel.

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Musical instruments stolen in burglary

POLICE are appealing for information following a burglary at house in Hawthorn Road, Bognor Regis in which three valuable musical instruments were stolen.

Sometime between 2pm and 12pm on Monday 10 December an insecured door was opened at the house and the following items were stolen;

- A LeBlanc concertmaster 2 low D Clarinet, engraved 'KILEEN SCHOOL" and dated about 1950, in a black case about 5' long and one foot square. The clarinet looks like a giant paper clip covered in pads and levers

- An Alto Clarinet in a black case. The case had the word 'Newcastle' stencilled on the front in white, but this had been painted over

- A Soprano Clarinet B flat of Conesse make, pre-war. This clarinet is unusual as it is in one piece with no centre joint unlike most clarinets. It was in a brown long thin case with a fake snake skin pattern.

- An Apple laptop,

- A Sony E-reader in a brown case,

- A Beemen air pistol which looks similar to a black Desert Eagle or Colt 1911 type pistol.

The clarinets are together valued at nearly £3000

A Sussex Police spokesman said: "We are keen to hear from anyone who saw any suspicious activity in the Hawthorn Road area on Monday. Also, if you have been offered any such items or have any knowledge of those responsible please call Sussex Police on 101 quoting serial 0424 of 11/12. You can also call independent charity Crimestoppers anonymously on 0500 555 111."

Local people to help choose new public art in Chichester

LOCAL residents are being given the chance to help choose a new work of public art in Chichester.

Chichester District Council is holding a design and installation competition for an original piece of artwork for Chichester Canal Basin.

Three artists have been shortlisted to submit ideas for the artwork – Mike Williams from East Sussex, Charles Normandale from East Hampshire and Steve Tomlinson from North Yorkshire.

Their ideas have been on display since Tuesday (15 Dec) until Thursday 24 January at Chichester Library. Questionnaires will be available for people to choose which one they would like to see design the new artwork.

Following the exhibition all three artists will be interviewed by a panel made up of representatives from Chichester District Council, local schools, the Canal Basin Trust and local residents' association, who will make the final selection.

The panel will take the public's views into consideration when making its choice. The successful artist will then be commissioned to make the work for the site and install it.

The artwork is being funded from Section 106 money, contributed by Linden Homes for a public artwork at the Canal Basin.

For more information on the competition and the event see www.chichester.gov.uk/index.cfm?articleid=20361. You can find out more about the shortlisted artists at:

www.charlesnormandale.com/index.html
www.sites.google.com/site/makingsculpture/
www.scotchmanbase.com/StevesTomlinsonsPublicArt

Man on trial on alleged sexual offences against boys in Chichester

A MAN from Eastbourne, appeared at Chichester Crown Court last Friday (14 Dec), charged with sexual offences against three boys, in Chichester and elsewhere in the late 1970's and early 1990's.

Robert Coles, 71, of Upperton Road, pleaded not guilty to three offences of buggery on one of the boys then aged between 15 and 16 at a location in Chichester between 1982 and 1984, and was committed for trial at a Crown Court in Sussex yet to be notified, on 10 June 2013. He continues to be on court bail.

The prosecution is to consider by the end of January whether also to seek trial on four alleged offences of indecent assault – two against the victim of buggery referred to above, and one each against two other victims, both aged between 10 and 13 at the time of the alleged offences. Coles has pleaded not guilty to all these offences as well.

He had been arrested on 6 March, had been on conditional police bail since then, and was charged in August this year on the authority of the South East Complex Case Unit of the Crown Prosecution Service following a year-long enquiry by Sussex Police detectives.

None of the charges relate to any allegations of recent or current offending and police emphasise that there is nothing to suggest that any children are currently at risk.

Chichester
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Magnificent Seven for University

THE UNIVERSITY of Chichester's Department of English & Creative Writing can claim its very own Magnificent Seven after a record number of past and current students gained recognition at one of the world's top writing competitions.

Each year The Bridport Prize receives more than 10,000 entries from right around the globe – and this year it awarded one of its top awards to current undergraduate Emma-Jane Hughes, who won a 'highly commended' prize in the poetry section for her poem 'My Camel', which beat off competition from more than 6,000 entries.

Afterwards Emma-Jane said that she 'remains indebted to the lecturers in the English and Creative Writing Department of the University of Chichester, and to her colleagues in the Something Literary Writers' Group'.

Meanwhile, former MA student Jacky Taylor won 3rd prize in the 'flash fiction' section for her piece 'Number 43', which was described by the judge, novelist Patrick Gale as proof that 'making a narrative extremely short need not involve sacrificing style, wit or emotional wallop!'.

Jacky, who is an arts education specialist, was awarded the prize from a field of 2,500 entries in the 'flash fiction' section. She lives in Portsmouth where she is currently working on a novel and a collection of short fiction.

Five other Chichester students were shortlisted in this year's competition, including current Creative Writing MA students Vic Heath and Michele Baker.

Former undergraduate student Josy Corcoran was also shortlisted, as were past MA students Melanie Walker and Honorie Berne.

Senior Lecturer Dave Swann, who was also shortlisted in the flash fiction section, said: 'The department always does really well at the Bridport, but this year's haul of seven successes means that this is our best year yet. I think it proves the outstanding strength of our students at the University of Chichester.'

Dave has been named as the judge of next year's Flash Fiction section of the Bridport Prize. He said he was 'honoured' to have been chosen for the role, which he was given after winning five prizes and being shortlisted several times at Bridport over the years.

Spirit FM launches Festive Food Bank

SPIRIT FM is teaming up with Tudor Wholesale Foods, Barclays Bank and Age UK West Sussex to put on two soup kitchens in Bognor Regis.

The Laburnum Centre (the Age UK West Sussex site) in Lyon Street, Bognor Regis, has already opened its doors on Sunday December 16th and will be doing so again from 12 to 4pm on Saturday December 22nd to offer a hot, home-cooked meal completely free of charge to those who most need it at this time of year.

Sally from Spirit FM said: "Spirit FM has been working with Kevin from Tudor Wholesale Foods for nearly two years now so when he approached me with this idea I jumped at the chance.

"Spirit has been trying to think of a way to give something back to the local community at this time of year and this seemed like an extremely deserving route to take.

"Milly Luxford (Spirit FM's vivacious mid-morning presenter) had already set up a meeting with Age UK West Sussex to discuss working together over the winter, so when we heard about the centre in Bognor with a fully equipped kitchen, we jumped at the chance."

Kevin Stott, Managing Director of Tudor Wholesale Foods added: "A Christmas soup kitchen is something we've wanted to do for quite a while, but finding a venue has always been a bit of a problem.

"This year, after talking to Spirit FM, I took the idea to my local Barclays Business Manager Dave Owen and he was extremely keen to get involved too. We now have all 3 pieces of the triangle in place and can't wait to move this forward."

Age UK West Sussex is supplying the venue, Tudor Wholesale Foods is supplying the food (thanks also to Mark Kennedy Head Chef at Slindon College for giving up his spare time to cook!), Spirit FM is providing the publicity and volunteers and Barclays is getting on board to match-fund any costs with all donations going to Age UK West Sussex.

The soup kitchen will offer homeless or less fortunate people the opportunity of a free hot meal leading up to the Christmas period.

Sally added: "We hope lots of people come along to join us. We'll even have a little bit of festive entertainment and we're hoping for a fantastic atmosphere too."

Chichester hit by... earthquake

AN EARTHQUAKE measuring 3.0 on the Richter scale was recorded to have hit the Chichester District last week.

Data just released by the British Geological Survey revealed that the tremor was recorded on Friday night (14 Dec).

The location was approximately 13km NNW of Chichester. It was also felt at Haslemere, Midhurst, Coldwaltham and Rowe.

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Chichester Lions entertain senior citizens

A SPECIAL Christmas Party was organised by Chichester Lions for local senior citizens from Britannia Court Gardens, Joys Croft, Pilgrim Court, Royal Close, Selsey, and Tangmere.

Guests were taken by coach and bus to the Fishbourne Centre where they were welcomed by Lions. A typical three course Christmas meal was provided together with wine, crackers and all the trimmings. After tea and coffee guests were entertained by the Glenwood Singers with popular Christmas carols, and before parting all guests were given a chocolate Father Christmas by Chichester Lion President Brian Attfield and Father Christmas himself.

One of the guests made a very emotional thank you to the Lions for providing them with a wonderful luncheon and entertainment.

Changes to bin collections over Christmas

THIS YEAR there will be some changes to the waste and recycling collection days over the Christmas and New Year period.

Please refer to the new look 2012/2013 calendar that you will receive in the post during December.

Collection dates will not change in the week leading up to Christmas (starting Monday 17 December). However, for some collections, bins will need to be put out a few days earlier during the Christmas week.

Collection days will also be changed for the week following New Year. Collection days will return to normal from Monday 7 January.

Normal Collection Day/Pre-Christmas week/Christmas week/Post New Year week

Monday Mon 17 Dec/Sat 22 Dec/Mon 31 Dec

Tuesday Tue 18 Dec /Mon 24 Dec/Wed 2 Jan

Wednesday Wed 19 Dec/Thurs 27 Dec /Thurs 3 Jan

Thursday Thurs 20 Dec/Fri 28 Dec/Fri 4 Jan

Friday Fri 21 Dec/Sat 29 Dec /Sat 5 Jan

Clinical waste collections will remain the same over Christmas and New Year, apart from collection days due on a bank holiday, when the following changes will take place:

- the Tuesday 25 December (Christmas Day) collection will be on Saturday 22 December;
- the Wednesday 26 December (Boxing Day) collection will be on Saturday 29 December, and,
- the Tuesday 2 January 2013 (New Year's Day) collection will be on Saturday 5 January 2013.

The green bin composting service will stop over the Christmas and New Year period from Saturday 22 December. It will resume again on Monday 7 January 2013. Please consult your green waste calender for further information.

Remember – Christmas cards, envelopes, and wrapping paper can all go into your burgundy wheeled bin for recycling. At the moment, plastic/foil paper can not be recycled in the district.

Real Christmas trees free from all tinsel and decorations, can be recycled. If you have subscribed to the green bin composting service, you can place it next to the green bin on the first collection day following the New Year.

If you have not signed up to the green bin composting service, real trees can be taken to the Household Waste and Recycling Sites at Westhampnett and Midhurst to be composted.

Alternatively, the tree will be collected and taken to the landfill if it is placed next to the black bin on the first waste collection day after the New Year.

For more information, please go to www.chichester.gov.uk/christmas

Families to celebrate Christmas in new homes

FIFTEEN families from the Chichester District are looking forward to celebrating the festive season in new homes, following completion of work on an affordable housing development in West Wittering.

The new homes have been built by Hyde Martlet as part of the Chichester Rural Housing Partnership with Chichester District Council.

The new development, which is known as Northfield, is a mixture of two, three and four bedroomed houses and bungalows designed specifically to help meet a local need for affordable housing. The scheme is also the largest exception site that the Chichester Rural Housing Partnership has delivered to date. As an exception site, households with a local connection to West Wittering were given priority during the allocation process. This has meant that local families have been able to secure homes in the area, rather than have to look for housing elsewhere.

The homes are of an attractive and contemporary design and meet very high energy efficiency standards, with the whole scheme achieving Level 4 of the Code for Sustainable Homes. It also represents a substantial investment in the area with Chichester District Council contributing £187,500, Hyde Martlet contributing £675,000 and the Homes and Communities Agency contributing £975,000 into the scheme.

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Collect memories, not regrets

Gracie Cliffe

LAST FRIDAY in assembly at school, one of our teachers opened up and told my year group a personal story. She told us about how one of her childhood friends has been battling cancer but recently she found out that he wasn't going to make it. She understandably got very emotional. At the end of the assembly she said to us 'Don't have any regrets' and to make the most of every day and that really stuck with me.

It seems almost criminal that we waste so much time moaning about work and school and image and relationships when there are people in the world that have everything taken from them.

I may only be 16, so I haven't been able to do very much with my life just yet, but I do still have so me regrets. I've wasted energy on holding a few too many grudges, and a lot of things I wish I could take back. One of the things I've always regretted is the kind of relationship me and my sister had with each other. We spent the last 15 odd years fighting, arguing and saying the cruellest things to each other. I'm happy to say that for some unknown reason, during the last few months we've turned over a new leaf and are now getting along better than ever. It's lovely to finally start to have a strong relationship with my sister and I hope we continue to move forward.

So I guess this also links to New Year's Resolutions and what I'm hoping to take into 2013 with me. One thing about this year that I'm happy with is my column, and I hope to continue to grow with it in the New Year. I'm also thankful for the new friendships I have made this year, and for staying close to my friends that mean the most to me. I've also had a very successful school year, and fingers crossed when I finish in July, I'll be happy with my results.

But what about you? What are you thankful for this year and what would you change? What do you hope to happen in 2013? Think about it and don't forget to make the most of every day and everyone

Let us know what you think

@chiherald

Arundel Rotary donate £1,400

Olympic medal[illegible] collection[illegible] Aldingbourne Primary[illegible] certificates

THE ALDINGBOURNE TRUST recently received a generous donation from the Arundel Rotary Club as John Penny, Foundation Chairman visited the centre and got into the festive spirit by presenting an Aldingbourne Elf with a cheque for £1,400.

Members of Arundel Rotary club agreed to donate the money towards developing the Country Centres remote control car attraction. The Trust plan to spend the money on expanding the attraction next year.

John Penny said: "The Rotary Club have made a conscious decision to spend money locally and the Aldingbourne Trust are a local charity who we very much support and we wanted to help them grow and develop. The remote control car development was a fun idea and one we all latched onto very quickly."

Enterprise and Development Manager, Michelle McKinley-Bell said: "We are very grateful to Arundel Rotary for donating the money and very much appreciate their support."

This attraction is available seasonally, in particular on school holidays and event days. With the funds kindly donated by the Arundel Rotary Club the aim is to have the attraction available all year round once developments have been made.

The Aldingbourne Trust is an enterprising charity, based in West Sussex who supports adults with learning disabilities to develop their skills which will enable them to live independently and find employment. If you are interested in finding out more about the Trust then please visit: www.aldingbournetrust.co.uk

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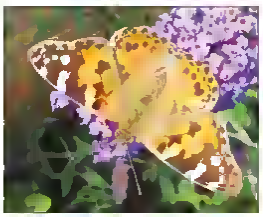
Go Wild With Ed



Ed Rowsell

Birds

The cold weather we have been experiencing seems to have brought the birds in. Hopefully it will not get too extreme though as frozen conditions can make life hard especially waders that have to probe into mud for their food.

We will see now at peak numbers for many species. Currently we have around 10-15,000 Dunlin, this species is the most common small wader you will see in Chichester Harbour. Look for them busily feeding on the mudflats, often closely following the receding tide, or wheeling about in huge flocks flashing white as they turn in unison.

Insects

While not entirely topical, new research has solved the enigma of what happens to Painted Lady butterflies that migrate to the UK. 2009 was a bumper year when 11 million arrived in the UK. It was assumed that the butterflies would attempt to over-winter or perish in the first frosts, as there was no visible reverse migration. It has now been shown that 26 million Painted Ladies made the reverse migration to the Atlas Mountains in Morocco flying at 3,000 feet at speeds up to 30 mph.

Plants

Very few trees are still retaining leaves, with just a few Oaks steadfastly holding onto their now golden brown leaves. The berry bearing trees are providing some bright colour and of course great food for hungry birds. In turn birds help the trees and shrubs to spread the seeds, found inside the tasty berry treat.

The red berries and striking prickly foliage of holly, the white berries on the ball like clumps of mistletoe and the flowers and foliage of ivy, the traditional yuletime plants are all looking their best.

Sightings

Please report any interesting sightings to the harbour office, particularly of fields in use by Brent Geese and observations of Water Voles to the harbour office.

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Councils join forces to share ideas on looking after children

A SEMINAR has set up a corporate parenting network, the first of its kind in the country, which will enable Councillors with corporate parenting responsibilities to pool ideas and provide mutual support

The new initiative means that local councils in the South East that look after children will work together more closely

A total of nine local authorities attended the seminar at County Hall in Chichester, which was the idea of David Simmons, Chairman of West Sussex County Council's Corporate Parenting Panel

David said "At the heart of all that we do as corporate parents are the needs of our children in care By setting up a regional network, we can share best practice and new ways of working We can also form a group voice when looking at care about policy, whether it's something we support, or something we feel we need to challenge together"

West Sussex County Council Leader Louise Goldsmith gave the introduction at the seminar She said "We all have a responsibility in giving our looked after children the best possible start in life By setting up this network, we can ensure we are all ahead of the game and working together to help our children achieve all their aims and ambitions"

Also at the seminar was Councillor David Simmonds, Chairman of the Local Government Association's Children and Young People Board He said "Being a corporate parent is one of the most important roles a council performs and it's vital they get it right It's great to see local councillors taking the initiative to share new ways to better meet the needs of the children in their care"

Other authorities who attended the seminar were Brighton and Hove City Council, East Sussex County Council, Hampshire County Council, Kent County Council, Medway Council, Portsmouth City Council Southampton City Council and Surrey County Council

The seminar looked at areas including

- The expectation of elected members as corporate parents
- Current challenges facing corporate parents such as educational attainment and support to care leavers
- Establishing a south east regional network
- Exchanging current working practices and circulating new ideas
- Working smarter to continue to provide quality services to looked after children in difficult financial times

Members agreed to hold meetings twice a year across the region, with the next meeting being held in the first half of 2013 to take the work of the network forward

Well-earned mulled wine!

THE FRIENDS of Chichester Harbour celebrated the end of a busy year with a festive session at Salterns Copse, near Chichester Marina

The group of volunteers enjoyed mulled wine and mince pies by the bonfire after a conspicuous activity at the ancient woodland

Throughout the year, the dedicated volunteers have worked with Chichester Harbour Conservancy rangers at over 40 sessions, putting in over 1,000 man hours The work varied from tree planting, hedgelaying, beach clean and bramble bashing at sites all around Chichester Harbour Area of Outstanding Natural Beauty

More information on the Friends at www friendsch org or www conservancy co uk

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Each week in December you need to listen for the Bird is the Word password. Collect the names of all four birds, one per week, and then enter the draw at www.spiritfm.net .....**BUT BE WARNED!** The word will only be played **ONCE A DAY.** and could happen **AT ANY TIME**, so pin back your ears!

Commencing on Monday 3 December (with a new password every Monday in December thereafter), the winner will be drawn live on air on the breakfast show on New Year's Day.

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Chichester Business

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Dream bedroom for Sussex Tatty Teddy fan

A ME TO YOU fan from Worthing is enjoying a bedroom makeover thanks to Community Arts company, Creative Waves and Chichester firm Carte Blanche Group.

Cat Hedger, of Worthing, West Sussex, is forced to spend long hours in her bedroom due to serious health problems which include a heart condition and a genetic disorder of the joints.

As a huge fan of Tatty Teddy – the blue-nose character behind the Me to You brand – Cat dreamt of decorating her bedroom with pictures of the cute grey bear.

She contacted local artist, Nadia Chalk of Creative Waves, who uses her creative talent to design murals for Community Arts projects around the County. Nadia in turn discussed the project with Carte Blanche Group, the Chichester-based firm which created Me to You.

Rather than give permission for Tatty Teddy artwork to be used, Carte Blanche decided to go one better by asking its lead artist to draw the mural himself.

Carte Blanche Head Artist, Steve Mort-Hill and Creative Waves, Nadia Chalk collaborated on the design, visiting Cat's West Worthing home on Friday (December 14th) to bring the design to life. Steve spent hours perfecting the unique Tatty Teddy design, whilst Nadia created a stunning, colourful backdrop for the cute grey bear, including a framed likeness of Peter Andre – another of Cat's favourites.

Cat, 27 said: "My health problems mean that I have to spend many days in my bedroom, which can be very lonely, isolating and downright boring. I fell in love with Me to You quite a few years ago when I bought a Best Friends necklace for my best friend Victoria.

"To even meet the artist Steve Mort Hill felt like a complete honour, but to have him paint on my wall – it's safe to say I am still pinching myself. Having this wall means I can go to bed smiling and wake up smiling and I think that's priceless."

Grace Elphinstone, Communications Manager at Carte Blanche Group, said: "When we heard about Cat's health issues and her love of Me to You, we wanted to offer a helping hand.

"As Cat lives close to our Chichester office, we decided it would be possible for Steve Mort-Hill to visit in person and draw her bedroom mural. Me to You is all about friendship and caring, and we hope that Tatty Teddy continues to comfort Cat as she battles her medical problems."

(From back to front, left to right) Me to You artist Steve Mort Hill, Creative Waves artist Nadia Chalk and Cat Hedger

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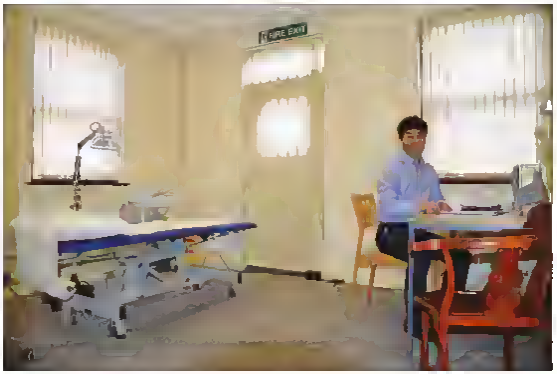
Chichester Business

Happy Anniversary Harmony Acutherapy

DOCTOR Wang and his wife Susie can look back with a great deal of satisfaction on their first year of running their Chichester based clinic, Harmony Acutherapy, which is located right in the heart of Chichester near the cathedral in Chapel Street. And it is a clinic with a difference focusing on the alternative healing therapy of acupuncture and acutherapy which is experiencing an ever growing following.

Dr Wang has a passion for bringing relief and healing to those whose ailments have found little or no benefit from traditional medical treatments sometimes over a long period. As well as running his clinic in Chichester he works voluntarily with Cancer Wise patients too in his own time.



Hi-Tech Approach

Although based on ancient systems of holistic healing by unblocking and stimulating blood and energy flows around affected areas, via 'acupoints', Chichester's Harmony Acutherapy Clinic is anything but ancient. Its smart reception and treatment rooms are hi-tech at every level.

Acupuncture is experiencing increased acceptance within the medical profession and the cost of treatment is accepted by many health insurance companies today. Dr Wang, a licensed member of the UK Association of Acupuncture and Traditional Chinese Medicine, graduated from Chengdu University early twenty years ago and periodically attends update conventions focusing particularly on the latest technology and approaches applicable to his clinic.

Unleashing Healing Energies

It seems there is no end to the range of ailments acupuncture and acutherapy can help. Dr Weng explains that stimulating healing energy is as effective for emotional and stress related conditions as it is for arthritis or any sort of muscular pain, migraine or aftercare of fractured bones. Certainly there is no age limit to those who can gain benefit from it. Recent patients signing up for a series of treatments were aged 92 and 94 years respectively. Maybe it holds the secret of long life too!

Wonders of Word of Mouth

Asked about the growing success of the clinic Susie Wang, a trained nurse herself explains how their advertising with the Chichester Herald began a valuable, steady flow of patients through the door and the success just seems to have spread from one patient to another. Susie says "People often say they were recommended to our clinic by someone we have already helped and we would like to send a big thank you to all our patients for their support and kind words of recommendation. We wish them all a very happy and healthy Christmas and New Year and as a thank you are offering a reduction to rates during early New Year."

SPECIAL NEW YEAR RATES:

Offering FREE consultation and one FREE session of treatment on five sessions booked, or get a FREE gift voucher on five gift vouchers purchased from 14th of December to 14th of February. No expiry date for treatment.

Harmony Acutherapy: 4 The Chambers, 28 Chapel Street, Chichester. PO19 1DL. 01243 537806 Open Mon-Sat 9am - 6pm

Helping graduates onto the employment ladder

GRADUATEON is celebrating its continued success with the news that one of its interns has won Employee of the Year at a local business awards.

GraduateOn is a University of Chichester project that offers a £1,000 subsidy to employers in West Sussex and neighbouring counties who can offer paid opportunity to a UK graduate. Paying at least £8 an hour, the scheme is open to all recent UK graduates. Full details can be found at www.chi.ac.uk/graduateon

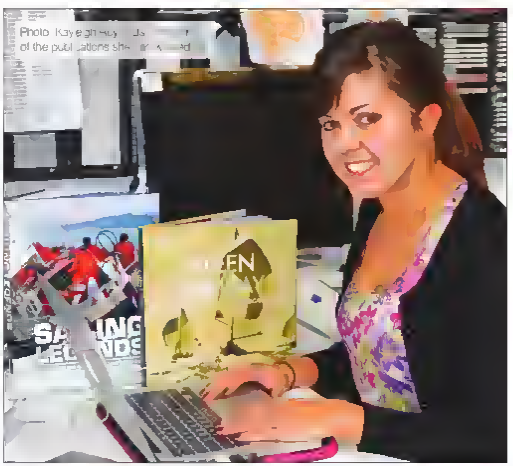
The project offers a range of internships across West Sussex and neighbouring areas and assesses every opportunity to ensure that it provides a valuable work experience for a graduate. Internships are usually full-time and last a minimum of 10 weeks. Some internships may last longer and may even be offered as a permanent post from the outset.

A recent illustration of GraduateOn's ongoing success is the example of Kayleigh Reynolds of PFL, who was crowned Employee of the Year at the Arun Business Partnership Awards this month. PFL, a small company based in Walberton, owned by Barry Pickthall, is a specialist media company.

Kayleigh, a graduate from Southampton Solent University, was recruited as a GraduateOn intern by PFL in April 2011 to work shadow their graphic designer. It proved to be a steep learning curve as the graphic designer returned to his native Poland almost as soon as Kayleigh started. But she obviously thrived on the experience as she was kept on by PFL, and in her time there, Kayleigh has had some amazing opportunities. She has been to Italy to assist with the production of the Farr 40 Yacht's hook for Rolex and to Alicante for the launch of Sailing Legends, a book she designed for Volvo.

She now has a small library of quality publications that she has helped to create and is now the proud owner of her Employee of the Year 2012 certificate to add to her collection of achievements.

If you are a final year student or a recent graduate, download the registration form, complete and return to graduateon@chi.ac.uk with your CV. If you want to know more about internships, please contact the GraduateOn team on 01243 812075 or e-mail graduateon@chi.ac.uk.



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cineworld

The Hobbit: An Unexpected Journey (12A)

THREE out of Five stars

Peter Jackson's latest Tolkien-based epic features terrific performances, stunning action sequences and some state-of-the-art special effects, but it's also far too long and there are problems with both the script and the pacing, while the much-vaunted 48 frames-per-second format takes a certain amount of getting used to.

What's it all about?

Directed by Peter Jackson, The Hobbit An Unexpected Journey is the first part of a trilogy of films adapted from JRR Tolkien's beloved children's story The Hobbit. Set 60 years before the events of The Lord of the Rings, the film stars Martin Freeman as Bilbo Baggins, whose pipe-smoking life of contentment in The Shire is shattered by the arrival of the grey wizard Gandalf (Ian McKellen) and thirteen boisterous dwarves, led by glowering Thorin Oakenshield (Richard Armitage).

Despite some initial resistance, Bilbo is persuaded that he is vital to the dwarves mission to reclaim their kingdom from the fearful dragon Smaug, so he saddles up a pony and joins their quest. Along the way they encounter all manner of vicious creatures, from wolf riding orcs to ravenous mountain trolls, rock monsters and goblins. They also stop off at Rivendell to say an entirely superfluous hello to elf leader Elrond (Hugo Weaving), Galadriel (Cate Blanchett) and the wizard Saruman (Christopher Lee).

The Good

Martin Freeman is perfectly cast as Bilbo Baggins and duly delivers a superb performance, he even resembles the older Bilbo, played by Ian Holm, who appears here in a prologue alongside Elijah Wood as Frodo. McKellen is on typically splendid form as Gandalf and there is strong support from Richard Armitage, but, as with The Lord of The Rings, the supporting honours are completely stolen by Andy Serkis as Gollum, whose appearance here is comfortably the highlight of the film.

Jackson orchestrates a number of terrific action sequences, bolstered by some stunning production design and special effects work, particularly in the Goblin's lair. Similarly, the 3D effects are used well, most notably in Gandalf's key scene involving a helpful butterfly.

The Bad

That said, The Hobbit is not without problems. For one thing, at 169 minutes, it's much too long, while the bits that have been added to the book (in order to pad the story out to three films) feel like unnecessary hops to Lord of The Rings fans and serve no dramatic purpose. There are also sequences that should have been cut entirely, such as the scenes involving Radagast the Brown (Sylvester McCoy), while some of the language (especially words like chips and jackets) feels out of place.

On top of that, while the majority of the effects work is excellent, there are sequences that seem shoddy and amateurish by comparison, particularly the dragon attack on the dwarf kingdom. In addition, the much vaunted 48 frames per second (the normal speed is 24) format takes a lot of getting used to and gives the film a weird-looking sheen that resembles an over-lit TV production, as well as appearing speeded-up in places.

Worth seeing?

Despite its bum-numbing length (and the fact that it should never have been three films in the first place) and some script and pacing issues, this is an enjoyable, well-acted adventure epic with exciting action sequences and superb special effects.

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For a chance to win 2 tickets, answer the following question

Q WHAT IS THE NAME OF BILBO BAGGINS' HOME?

A. BAG-END
B. BAG LAND
C. BAGGINS HOLE

Send your answer and include your full name, address and a contact phone number to **competition@chichesterherald.co.uk**. One lucky winner will be selected at random. Closing time is Wednesday 2nd Jan 2013 at midday. The winner will be notified later on that day.

- Last weeks winner is Mrs Beadle from Bognor Regis

cineworld CINEMAS

Cineworld Chichester
Chichester Gate, Chichester, PO19 8EL - 0871 200 2000

The winner of a meal for two at Amelie and Friends is Sarah Fletcher-Hill. Congratulations

Merry Christmas

Shop locally this Christmas and discover all the Chichester District has to offer

CHICHESTER DISTRICT residents are being encouraged to shop locally this Christmas.

The district offers a wide range of shops. Chichester has everything from high street names to independent retailers while Midhurst, Petworth and Selsey are full of independent shops stocking a range of products.

If you're out and about in the district, take time to visit the local attractions too. A visit to the shops in Chichester could be combined with a visit to a carol service at Chichester Cathedral, a trip to Pallant House Gallery or a chance to explore The Novium, the new museum. You could also take a guided City Walk. For tickets or more information contact Chichester Tourist Information Centre on 01243 775888. Or you could take a walk around the historic City Walls.

Petworth is internationally recognised for its antique shops but it is also a lively and inspiring town with lots of independent shops. Shoppers could take time to visit Petworth House while doing their Christmas shopping.

Meanwhile, head to Selsey for some locally caught seafood as Selsey crab and lobster are at their best this time of year. As well as visiting the towns shops, you could also make time for a walk along the foreshore to East Head.

Other ideas for visits around the district include a stroll in Brandy Hole Copse in Chichester to see the holly and the ivy in its natural state, but please leave it there for the wildlife! Or experience the traditions of Christmas past in Sussex at the Weald and Downland Museum Singleton from Wednesday 26 December 2012 to Tuesday 1 January 2013. For further details please contact the museum on 01243 811348 or go to www.wealddown.co.uk.

You could also pick up festive fresh food at one of the district's farmers markets – for more details see www.chichester.gov.uk/farmersmarket.

To find out more about shopping in the district see www.visitchichester.org and for Christmas events, essential information and more see www.chichester.gov.uk/christmas

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Extra Christmas presents from Westgate Leisure and The Novium

WESTGATE Leisure Chichester and The Novium have announced some extra special offers to help keep the whole family entertained over the Christmas period.

From Thursday 27 to Monday 31 December those aged under 16 can swim for free during all public swimming times at Westgate Leisure Chichester. And The Novium, the council's new museum in Tower Street, Chichester will be offering 50% off entry on Friday 28 December.

Swimming is one of the most popular leisure pursuits. Westgate Leisure Chichester has some of the best swimming facilities in the area. The complex offers three pools and a water slide as well as a Ravenna, Chichester. The main pool which is one of the largest on the south coast, offers dedicated swimming lanes for those who want to swim without interruption. It also offers an area for those who want to take a more leisurely approach.

For those who want more thrills and spills the leisure pool boasts a 55 metre water slide and aqua cafe.

For more Christmas opening times, terms and conditions, and pool programmes please see the swimming pool pages on Westgate Leisure's website www.westgateleisure.co.uk or call 01243 785651 for aquadrill on 01243 521252.

For those visiting The Novium on Friday 28 December, there will be activities for all ages taking place on the day as well.

The Novium tells the story of the Chichester District over the past 500 000 years. One of the special features of the museum is that it has been purpose built to show the remains of the Roman baths of the city of Noviomagus Reginorum – one of the many wow factors you will see. Also look out for the curiosities case, the Jupiter Stone and the Chilgrove Mosaic. Plus take in the breath taking views of the cathedral on the second floor where you can couch the view with chimney pots and cathedral stone placed near the window. You can also search for interesting finds, try on a Roman outfit and even make your own mosaic.

For further information, Christmas opening times and terms and conditions please see their website www.thenovium.org.uk or call 01243 775888.

Cllr Eileen Lintill, Cabinet Member for Leisure, Wellbeing and Community Services at Chichester District Council, says: "2012 has really been a year to celebrate. Westgate Leisure celebrated its 25th anniversary and The Novium was officially opened this year and so it was only fitting that we should run two special offers that will helped to keep the whole family entertained during the holidays. We hope that everyone has a very enjoyable Christmas and New Year."

(Left to right: [illegible] Operations Officer at The Novium, Caitlin Little, [illegible], Member of the Community Services [illegible] District Council and Wendy [illegible] Manager, wearing the special offers at The Novium, Chichester)

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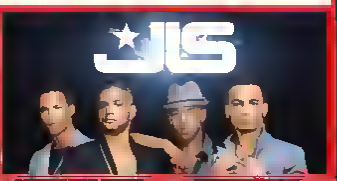
DAY EXCURSIONS

26 Jan	MADAGASCAR LIVE	The Brighton Centre
08 Feb	CIRQUE DU SOLEIL - KOOZA	The Royal Albert Hall
20 Feb	PSYCHIC SALLY ON THE ROAD	Mayflower Theatre
06 Mar	OLLY MURS	The Brighton Centre
27 Mar	MIDNIGHT TANGO with Flavia & Vincent	New Victoria Theatre Woking
06 Apr	IL DIVO & KATHERINE JENKINS NEW	The Brighton Centre
26 Apr	JAMES LAST & HIS ORCHESTRA	BIC Bournemouth
30 Apr	JERSEY BOYS with LUNCH	Prince Edward Theatre
03 May	MICHAEL BALL - Both Sides Now Tour	The Brighton Centre NEW

13 Jun	BURN THE FLOOR with Robin Windsor & Kristina Rihanoff	Shaftesbury Theatre
15 Jun	BRUCE SPRINGSTEEN NEW	Wembley Stadium
15 Jun	CLIFF RICHARD Still Rockin' & A Rockin' Tour NEW	Probiz County Ground, Hove
20 Jun	FRANKIE VALLI & THE FOUR SEASONS	BIC Bournemouth
25 Jun	JONATHAN & CHARLOTTE	BIC Bournemouth
27 Jun	STRICTLY CONFIDENTIAL WITH LUNCH OPTION	Mayflower Theatre
05 Jul	ROBBIE WILLIAMS NEW	Wembley Stadium
15 Dec	DIVERSITY - LIMITLESS	The Brighton Centre NEW
17 Dec	JLS	BIC Bournemouth



Tune into ITV1 this Friday for Text Santa, supporting Chestnut Tree House, children's hospice this Xmas

CHESTNUT TREE HOUSE childrens hospice is counting down the days until this Christmas ITV Text Santa appeal.

This year Text Santa will equally benefit six UK charities including Together for Short Lives the leading charity for UK childrens hospices. The funds raised for Together for Short Lives will support 49 childrens hospices across the country including Chestnut Tree House children's hospice in Arundel

Text Santa promises to deliver some of the most exciting and anticipated television over the Christmas period The live entertainment extravaganza will air this today (Friday 21 December) at 8pm with many of ITV's best-loved presenters introducing star guests live performances and special mini episodes of ITV's biggest shows This years appeal will be presented by Ant & Dec Phillip Schofield, Christine Bleakley Paddy McGuinness and Together for Short Lives Patron, Holly Willoughby

Chestnut Tree House childrens hospice is calling on local supporters to watch the show Viewers can donate to Text Santa via text using JustTextGiving by Vodafone online through the Text Santa website (www.itv.com/textsanta) and in any branch of Santander

For more information about Text Santa visit www.itv.com/textsanta

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READER OFFER

OLLY MURS

WED 6 MARCH 2013
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Adult, Senior Citizen & Child £48
Includes coach travel

Olly, whose current album 'In Case You Didn't Know' has been certified platinum, is about to embark on a series of American dates with One Direction.

Olly is currently working on his third album, which is due for release later this year. He will star in the ITV2 documentary series 'Life On Murs' follows him on his sold our 2012 tour

Standing tickets on evening performance.

Coach pick ups in Worthing, Rustington, Littlehampton, Felpham, Bognor & Chichester

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What's on this Winter...
21 December to 31 December

Date Friday 21 December
Place East and North Streets, Chichester
Time 9am-2pm
More information **01243 785166** extension 4242, **www.chichester.gov.uk/farmersmarket**

Roller disco – Christmas fancy dress party
Two sessions, one for families with under 11s, and a main event for all ages (under 11s must be accompanied by an adult.
Date Saturday 22 December
Place Westgate Leisure Chichester
Time Mini rollers 4.15pm – 5.15pm, main event 6pm – 7.30pm
Price Mini rollers: full hire £6, own skates £5, spectators £1.50. Main event: full hire £8, own skates £6.50, spectators £2
More information **01243 785651, www.westgateleisure.co.uk**

The Museum at Christmas
Experience the traditions of Christmas past and discover how our forebears enjoyed the festive season.
Date. Wednesday 26 December 2012 to Tuesday 1 January 2013
Place Weald and Downland Open Air Museum
Time 10.30am – 4pm
More information **01243 811348, www.wealddown.co.uk**

Free swimming for under 16s
Free swimming for under 16s at Westgate Leisure Chichester during all public swimming sessions.
Date Wednesday 27 December to Monday 31 December
Place Westgate Leisure Chichester
Time Please contact the centre or see website for public swimming times
More information **01243 785651, www.westgateleisure.co.uk**

Tour highlights of the collection
Join museum staff as they introduce visitors to the collections and tour the exhibition galleries. Highlighting different artefacts on display every week, visitors discover the stories that bring them to life! Suitable for adults and older children.
Date Thursday 1 November to Saturday 29 December (weekly on Wednesday and Saturday, excluding Boxing Day)
Place The Novium, Tower Street, Chichester
More information **01243 775888, www.thenovium.org**

Winter wonderland at West Dean
Starts 1 November 2012, Ends 23 December 2012
More information **www.westdean.org.uk**

Effervescence 2012
Starts 1 November 2012, Ends 13 January 2013
Place West Dean Gallery
Time 11am – 4pm
When Every day 1 November-23 December 2012, and Wednesday to Saturday 4-13 January 2013
Price Free admission and car parking
More information **www.westdean.org.uk**

Handling table
Get up close to real and replica artefacts that relate to the exhibition themes in the galleries.
Date Saturday 10 November to Saturday 22 December (fortnightly on Saturday)
Place The Novium Tower Street, Chichester
Time 10.30am – 12noon
Price Free with museum admission
More information **01243 775888, www.thenovium.org**

Oh Christmas Tree
Help The Novium get ready for Christmas by creating your own unique ornament to hang on their tree.
Date Saturday 1 December to Sunday 30 December (daily on Wednesday, Thursday, Friday, Saturday and Sunday excluding Christmas Eve, Christmas Day and Boxing Day)
Place The Novium Tower Street, Chichester
Price Free with museum admission
More information **01243 775888, www.thenovium.org**

Christmas Thursdays
Get into the Christmas spirit with these festive evenings. Includes free after hours access to the Collections and some of the temporary exhibitions, late night shopping and Christmas carols in the historic house
Date Every Thursday in December
Place Pallant House Gallery
Time 5pm-8pm
Price. Free
More information **www.pallant.org.uk**

2012 Review & Thanks!

Cat and Rabbit Rescue Centre

Good News: Kittens KF63-12, KM48 & KF51-12, Wesley, Scarlett & Tonsy have homes!

2012 has been a challenging year at The Rescue. As featured in the National Press, there has been a huge increase in the calls to Rescues for help with cats and kittens.

This year, because more people did not neuter their male and female cats or strays and then left them behind when they moved, more unwanted pregnant females, nursing mothers, and abandoned kittens have been admitted. To reduce unwanted litters, under The Cat and Rabbit Rescue Assisted Neutering Scheme 282 local cats and kittens older than 4 months had their neutering arranged for £20 per cat when people struggled to meet Vet costs. And under our Neuter and Return Scheme, 72 stray cats living locally were neutered and returned to their site (end of November figures).

In July, the Cat and Rabbit Rescue was full with overflow areas in use, and under particular pressure as the prime cat rescue homing facility locally.

Fortunately, positive local response to The Rescue homing crisis allowed cat admissions to restart soon after. With Homing days, increased publicity, daily homing appointments, exceptional staff/volunteer effort, and local support, the homing and rescue of cats, kittens, rabbits and guinea pigs has stayed high into the winter. Now, 99% of cats/kittens admitted to The Rescue have been waiting less than 6 months for a home, with some leaving in two days, three weeks or four months as homes are offered and kittens become independent of their mother.

By the end of November, Cat and Rabbit Rescue had taken in 741 animals (273 cats, 308 kittens, 92 rabbits, 68 guinea pigs) and 537 animals (442 cats/kittens, 51 rabbits, 44 guinea pigs) were given homes. But, a key issue is that our ability to help is limited by the homes offered to Rescue animals, so please in 2013 if you Want A Pet? – Think Rescue.

Cat and Rabbit Rescue Centre, Holborow Lodge, Chalder Lane, Sidlesham, Chichester, PO20 7RJ. Visits Are Strictly By Appointment except Homing Days, Tel 01243 641409. www.crrc.co.uk

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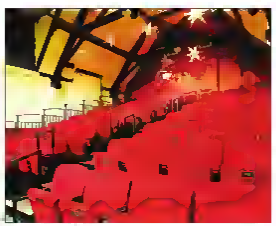


Fri 21 Dec
13.00 When Santa Fell to Earth (U) 107m
15.15 Gambit (12A) 110m
17.45 The Master
20.45 The Hunt

Sat 22 Dec
13.00 When Santa Fell to Earth
15.15 Great Expectations
18.00 Gambit
20.15 The Master

Sun 23 Dec
13.00 When Santa Fell to Earth
15.00 Great Expectations
17.45 Gambit
20.00 The Master

Mon 24 Dec
12.00 Great Expectations
14.30 Andre Rieu: Home for Christmas (U) 110m
17.00 Absurd Person Singular (15) 114m

SATURDAY'S TV 22.12 12

Listings supplied by Press Association

CHOICE

Bruce Forsyth

Strictly Come Dancing
BBC1, 6.30pm
It appears Strictly Come Dancing has won the Saturday night light entertainment battle frequently thrashing arch rival The X Factor in the ratings. But before the producers can start patting themselves on the backs there's still the little matter of who is going to lift the mirrorball trophy. There have been plenty of surprises throughout the series and this final should be a no exception. For a start, the four remaining celebs have to perform a no-holds-barred showdance – and as past years have shown us, almost anything can happen.

BBC1

6.00 Breakfast. 10 09 Christmas Saturday Kitchen. 11 50 Nigel Slater's Christmas Suppers. (R) 12 00 BBC News. Regional News Weather. 12 15 Football Focus. 1 00 Live Equestrian: Olympia 2012. 4 30 Final Score. 5 20 BBC News. Reg onal News. Weather. 5 40 Pointless Celebrities.

6 30 **Strictly Come Dancing** Bruce Forsyth and Tess Daly present the eagerly anticipated final of the contest, in which the remaining three couples perform a ballroom, Latin and freestyle routine. The results are at 6.50pm.

7 55 **Merlin** Morgana prepares to wage war on Camelot with Mordred at her side, while Merlin finds himself on the receiving end of his destiny weighing heavily. Magical adventure series starring Colin Morgan.

8 40 **The National Lottery Saturday Night Draws** The all-important numbers with Myleene Klass.

8 50 **Strictly Come Dancing: The Results** Ten finalists return to the ballroom and after an elimination, just two couples remain to battle it out for the Glitterball Trophy. Plus a performance by Robbie Williams. Last in this series.

10 09 **BBC News** Weather.

10 25 **Mulan 2 and the Dog** Incidents Manchester City v Reading. National Lottery Update.

11 55 **The Football League Show** Action from today's fixtures in the Championship, League One and League Two.

1 10 **Weathrwiew** 1 15 Sign Zone. Rolling Stones, Crosslive Hurricane. (R) 3 10 Nigellissima – An Italian Inspired Christmas. (R) 4.10 BBC News.

BBC2

6.00 Beedles. 7 05 CBBC. 12 20 **Film** Spy Kids 3 D: Game Over (2003). 1 30 **Film** Beverly Hills Chihuahua (2008). 5 00 Nigellissima – An Italian Inspired Christmas. (R) 4 30 **Film** The Game Plan (2007). 5 40 Thn Toys That Made Christmas. (R)

7 15 **Porridge** Mackay and Barraclough discover Fletch is made to measure in the cell and she really can seem certain in spend Christmas in solitary. (R)

8 00 **Top of the Pops 2: Christmas 2012** Mark Radcliffe introduces a selection of archive festive songs, including tracks by Slade, Wizzard, Wham!, Ramones, Mahalia Jackson, Paul McCartney, Jona Lewie and the Wombles.

8.30 **Never Mind the Buzzcocks** Bob Mortimer hosts a festive edition of the comedy panel game, with Melanie C, Russell Tovey, DJ French and Joey Page, joining captains Phill Jupitus and Noel Fielding.

10 10 **The Mystery of Edwin Drood** Two part thriller based on Charles Dickens' unfinished novel about a choirmaster's obsession with a 17-year-old girl and the measures he takes to attain her. Matthew Rhys stars. The conclusion follows. (R)

11 00 **The Mystery of Edwin Drood** Agnes Jasper seeks solace in her passion for Rosa Bud – but a trail of evidence may prove that Jasper may yet seal his fate. Conclusion of the Dickens thriller starring Matthew Rhys. (R)

12 00 Thn Story of Fairytale of New York. 1 00 01 (R) 1 30 Never Mind the Buzzcocks. (R) 5 10 **Film** Arch of Triumph (1948) 4 05 Close.

ITV1

9 00 CITV: Special Agent Oso. 9 25 Thn Hive. (R) 9 35 Thn Hive. (R) 6 40 Thn Hive. (R) 8 50 Cuthbuds. (R) 1 00 Cuthbuds. (R) 1 00 Chuggington. (R) 7 20 Fisabag Monkeyface. (R) 7 20 Fisabag Monkeyface. (R) 1.30 Almost Naked Animals. (R) 1 40 Almost Naked Animals. (R) 1 50 Horrid Henry. (R) 8 05 Horrid Henry. (R) 8 15 Horrid Henry. (R) 8 50 Fort Boyard Ultimate Challenge. 9 25 ITV News. 9.30 The Jeremy Kyle Show USA. 10 25 The Jeremy Kyle Show USA. 11.20 Minding Shn Wrote. (R) 12 20 ITV News. Weather. 12 35 Holiday Hornh Sweet Home. 1 35 Holiday Hornh Sweet Home. 2 35 Steppin Out with Katrhnnue Jenkins. (R) 3 50 Regional Programme Weathrw. 4 00 ITV News Weather. 4 55 **Film** Back to the Future Part III (1990)

6 30 **The Nation's Favourite Christmas Song** A countdown of the top 20 festive tunes.

8 50 **Paddy's 2012 Skins and Telly** Celebrity pairs on the card years TV hosted by Paddy McGuinness.

9 00 **The Jonathan Ross Show Christmas Special** Christmas special featuring Michael McIntyre, Sienna Miller, Sheridan Smith, Charlotte Church, Jamie Oliver and Paralympians stars Ellie Simmonds and Jonnie Peacock.

10 30 ITV News. Weather.

10 40 **Film** Terminator 2 **Judgement Day** (1991) A cyborg is sent back in time to protect the future saviour of the human race from a shape changing assassin. Sci-fi adventure sequel with Arnold Schwarzenegger.

1 35 Jackpot247. 3.00 In Plain Sight. (R) 5.45 ITV Nightscreen.

CHANNEL 4

9 10 **The Hoodn** (R) 9 35 The Hoods. (R) 1 00 Thn Eadnnoman Arch tr Arc Tr ation. 1 50 Everybody Loves Raymond. (R) 7 55 The Morning Line. 8 55 T4 Fraser. (R) 8 25 T4 Fraser. (R) 9 55 **Film** T4: A Christmas Carol Thn Musical (2004) 11 50 T4 The Big Bang Theory. (R) 15 20 T4 The Simpsons. (R) 12 50 T4 The Simpsons. (R) 1 20 Channel 4 Racing. 3 30 River Cottage: Three Go Mad at Christmas. (R) 4 35 Come Dine with Me: Celebrity Christmas Special. (R) 5 05 Come Dine with Me: Celebrity Christmas Special. (R) 5 55 Come Dnne with Me: Celebrity Christmas Special. (R)

9 05 **Come Dine with Me Celebrity Christmas Special** Actor Danny Young hosts an Alfrdin themed final party. Last in the series. (R)

9 35 **Come Dine with Me Celebrity Christmas Special** Former Doctor Who star Colin Baker hosts the final dinner party. Last in the series. (R)

7 05 **Channel 4 News**

1 25 **4thought tv**

1 50 **George Clarke's Amazing Spaces at Christmas** The architect returns for a festive special investing some of the series projects. (R)

8 30 **Stephen Fry: Gadget Man** How new technology can help keep people in and healthy. (R)

9 00 **Film** Four Christmases (2008) Pinnmere. Comedy starring Vince Vaughn.

10 40 **Film** Ole Karl 2 (1990)

1 00 **Film** Rare Exports. A Christmas Tale (2010) 2 20 Tails Is Me. (R) 5.25 Hollyoaks. 6.30 90210. 5.55 Thn Beagle Freaks Christmas Special. (R)

CHANNEL 5

9 00 Milkshake! 9 50 Chinese Food in Minutes. (R) 9 55 Dallas. (R) 10 50 Dace Upona Time. (R) 11 55 Once Upon a Time. (R) 12 50 **Film** Crazy for Christmas. (2005) 2.40 **Film** Dear Santa (2011) 4 30 **Film** Mrs Miracle 2 Miracle in Manhattan (2010)

8 20 **Film** I Saw Mummy Kissing **Santa Claus** (2002) A boy mistakenly thinks his mother is having an affair with Father Christmas and tries to save his parents' marriage. Family comedy starring Connie Sellecca and Corbin Bernsen.

8 00 **Film** A Christmas Carol (1984) Mizerly Fleemer Scrooge hates the Christmas season, but is warned to change his attitude by a series of ghosts. Dickens classic tale with Patrick Stewart, Richard E Grant, Joel Grey, Ian McNeice and Susan Reeves.

10 00 5 News Weekend

10 00 **Tommy Cooper's Christmas** A seasonal special from 1973, featuring comedy sketches, magic and guest appearances by Sacha Distel and Clodagh Rodgers, who perform a medley of festive favourites. (R)

11 10 **Film** The Plank (1991) Two clumsy workmen carry a plank as a jn idiny site causing various mishaps and accidents along the way. Slapstick comedy directed by and starring Ernn Sykes. With Tommy Cooper.

12 10 SuperCasino. 3 05 Michaela's Wild Challenge. (R) 4 20 Great Artists. (R) 4 50 Rough Guide to Fn Cessions. (R) 5 00 Hana's Helpihn. (R) 5 15 The Milkshake! Show. (R) 5 40 Thomas & Friends. (R) 5.50 Roary the Racing Car. (R)

DIGITAL

BBC Three
1.00 Olympics 2012. 50 Greatest Mumnnts. 5 00 Live at the Apollo. 11 00 **Film**: Kill Bill: Vol 2 (2004)

BBC Four
2 00 **Film**: Thn Prince and the Showgirl (1957). 3 30 Anna Soren Soren Goddesses. 10 10 Imagine... Tom Jones - What Good Am I?. 11 00 Tom Jones at the BBC

ITV2
3 10 Thn X Factor USA. 5 00 Yon've Been Framed! at Christmas. 9 00 Yon'vn Been Framed! Chs smas Special. 10 40 **Film**: Thn Mnmmy Returns (2001). 9 00 **Film**: American Pie: The Wedding (2003) 11 00 Lnnnn La Vida Loca: Merry Kerhmas! Part 1. 11.45 Lennn La Vida Loca: Merry Kerhmas! Part 2

ITV3
2.00 **Film**: Evil Under the Sun (1982). 4.25 Rosemary & Thyme. 5 50 Minder: She Winter. 8 00 Clash of the Santas. 8 00 Midsomnr Mnrders. 11.05 Horhe and Elizabeth.

ITV4
3 40 **Film**: Without a Clnn (1999) 5 00 Brit sh Superbike Championship Review 2012. 8 00 River Monsters. 9 00 **Film**: Rocky (Unlimited) 11 00 **Film**: Rocky IV (1985)

E4
1 00 How I Met Your Mother. 9 00 **Film**: Dreamgirls (2006) 10.40 **Film**: Final Destnnation 3 (2006)

Film4
2 55 August Rush (2007) 5 05 Fred Claus (2007) 7 15 Ein Wars (2006) Two Hefong best friends become rivals when their weddingnare scheduled to take place on thn samn day and at the samn venn. Comedy starring Kate Hnrson and Ann Hathaway. 9 40 Mission: Impossible (1996) Action thriller starring Tom Cruise. 11 10 Sex Drive (2008)

SUNDAY'S TV 23.12 12

CHOICE

Joanna Lumley

Joanna Lumley: The Search for Noah's Ark
ITV1, 9pm
You just can't keep a good woman down – which explains why Joanna Lumley is busier than ever and now she's back with a new documentary. She's been on her travels to film this offering, which sees her traversing three continents and a variety of countries. Lumley claims she's been fascinated with the Biblical story of Noah's Ark since she was a child and saw photographs of what looked like a fossilised version of the legendary vessel atop Mount Ararat in Turkey. She decided she wanted to search for herself so off she went.

BBC1

9 00 Breakfast. 1 30 Match of the Day. (R) 4 00 David Suchet. In the Footsnps of St Paul. 10 00 Fern Orinton Meets Dnnnn Warnock. 11 10 Only Fools and Horses. (R) 12 00 BBC News. Weather. 12 10 After Alle. (R) 12 55 Nigel Slatn'n 12 Tastes of Christmas. (R) 1 30 The Borrowers. (R) 5 55 **Film**: Geol Huan nan (1933) 4 30 Songnof Praise. 5 05 BBC Nnw. Regional News. Weather. 6.30 Countryfile.

6.30 **Oh Stick.** Family comedy based on David Walliams' book about a lonely girl who invites a tramp to live out in her family's shed. Hugh Bonneville, Sheridan Smith and Johnny Vegas star.

7 30 **Antiques Roadshow** Fiona Bruce presents episodes on the most important and interesting finds from the recent series, and revisits three some of the colorful characters to have visited the Roadshow.

8.30 **Lovejoy Nine Holes** Drama. Infant pianist Joyce Hatto with became famous for all the wrong reasons when her husband passed off other musicians' work as hers. Francesca Annis and Alfred Molina star.

10 00 **BBC News:** Regional News. Weathnr.

10.25 **Mistnd of the Day 2.** Mark Chapman presnnts highlights of today's Premier League matches, which were Swansea City v Manchesthr United and Chelsea v Aston Villa.

11.25 **The Graham Norton Show** (R)

12 10 **Film**: Grumpy Old Men (1993) 1 55 Weathrwiew 2 00 Spe Zone. Film 2012. (R) 2 30 Holby City. (R) 3.30 Nigel Slater's 12 Tastes of Christmas. (R) 4 30 BBC News.

BBC2

9 00 Cbeebies. 1 05 CBBC. 10.00 Saturday Kitchen Best Bites. 11 30 The Great British Bake Off: Christmas Masterclass. (R) 12 30 **Film**: The Preacher's Wife (1996) 2 30 Coast. (R) 2 40 Escape to the Country. (R) 3 25 Flog It. 4 25 **Film**: First Knight (1995)

6 30 **The Mnrecambe and Wise Christmas Show** Festive fun with the eve popular comedy duo and guests Vanessa Redgrave and Ronald Barker, including cameo appearances by Russell Hargeyer, Lawrence Olivier and Andre Previn. (R)

7 35 **Victoria Wood with All Ire Trimmings** The comedienne serves up Christmas TV in a festive-by-nead from 2000, with guest stars Julin Walters, Alan Rickman, Pete Postlethwaite, Della Smith and Richard E Grant. (R)

8 30 **Dragons' Den Christmas Special** Nine entrepreneurs representing six businesses pitch their Christmas-related ideas in the hope of securing a cash injection from the five multi millionaires.

9 30 **James May's Toy Stories: Flight Out** The Top Gear presenter investigates the enduring appeal of the model aeroplane and sets out to break the British record for the longest flight by a toy glider.

10 30 **The Sarah Millican Television Programme Christmas Special** With Hugh Dennnvlin and Sheila Hodne.

11 00 **Victoria Wood. As Seen on TV** The comedienne reflects on her television career. (R)

12 30 Qi (R) 1 00 **Film**: French Film (2008) 2 25 **Film**: They Know What They Wanted (1940)

ITV1

9 00 CITV: Fnnn Reply. 6 10 Special Agent Oso. 9 35 Signed Stones. (R) 6.45 Meak. (R) 5.50 Cuthbuds. (R) 7 00 Cuthbuds. (R) 7 00 Fisabag Monkeyface. (R) 7.15 Fisabag Monkeyface. (R) 1 30 Almost Naked Animals. (R) 1 40 Almost Naked Animals. (R) 1 50 Almost Naked Animals. (R) 8 00 Almost Naked Animals. (R) 8 00 Big Timn Rush. 8 50 Fort Boyard Ultimate Challenge. 9 55 Order Date. 10 20 **Film**: Colmnnb: By Dawn'n Early Light. (1974) 12 20 ITV News. Weather. 12 30 **Film**: Carry On Cowboy (1965) 2 15 All Star Family Fortunes. (R) 3 00 The Molly Show. (R) 4 55 **Film**: Twins. (1988)

9 05 **You've Been Framed!** (R)

9 35 **Reginald Programme** Weather

9 40 **ITV News:** Weathar

7 00 **40's Christmas Crackers** Adnan Edmundson selects high gills from 60 years of festive TV schedules, ranging from man's first moon orbit to comedy specials and a news item forgotten nplanet of the apes.

9 00 **The Cube.** Melanie Sykes and Ashley Banjo take part.

9 00 **Joanna Lumley: The Search for Noah's Ark** The Absolutely Fabulous star embarks on an expedition to uncover the truth behind the myths and track down what is thought to be the Biblical vessel's final resting place.

10 30 ITV News. Weather.

10 45 **Take Me Out Celebrity Christmas Special** With Keith Lemon, Joe Swash and Mnit Johnson. (R)

11 45 **Premiership Rugby Unlive** Action from the latest fixtures.

12 45 Jackpot247. 2.45 River Monsters. (R) 3 30 ITV Nightscreen.

CHANNEL 4

9 15 **The Hoodn** (R) 6.40 The Hoods. (R) 7 00 Frap & Landing (R) 7.25 Frap & Landing: Naughty Nnen. 7 50 The Bear. (R) 8 20 The Art of The Snowman and Thn Snowdog. 9 25 Fraser. (R) 9 55 Frasnr. (R) 9 30 Sneaky Brunnh. 12 15 The Big Bang Theory. (R) 12 30 The Big Bang Theory. (R) 1 00 The Simpsons. (R) 1 30 The Simpsons. (R) 2 00 Deal or No Deal. 3.00 100 Greatest Toys with Jonathan Ross. (R)

6 05 **Channnl 4 News**

6 15 **4thonghtJv**

6.20 **The Art of The Snowman and Ida Bnnadog** Bnng ng an mated character the Snowman to life.

6.25 **The Snowman.** Animated adventure based on Raymond Briggs' festive tale. (R)

6.55 **Film** Night at the Museum (2006) Thn tech'nar at a New York museum came to life and run out after dark causing mayhem for the nightwatchman. Fantasy comedy starring Ben Stiller, Dick Van Dyke and Robin Williams.

9.00 **Homeland.** Carrie thinks a plot is afoot to kill Brody, but is warned off by her CIA colleagues. Nicholas Brody meets with Fabel and comforts his family in Irnnne and Saul is ordered to undertake a secret mission. Last in the series.

10 30 **Pimp Show** Jeremy moves in with Mark's wnfnr Sarah.

11.00 **Film**: In Bruges. (2008) Comedy drama, starring Colin Farrell and Brendan Gleeson.

1 00 American Football Live. 4.05 Brief Encounters of the Sporting Mind. (R) 5 00 Frnnn Rstn on 4. (R) 5.25 Unreported World. (R) 5 50 Sak Mali. (R)

CHANNEL 5

9 00 Milkshake! **Peppa Pig**. 9 08 Roary the Racing Car. (R) 9 15 Fifi and thn Flowerkits. (R) 9.25 Bert and Ernie's Great Adventures. (R) 9 50 Thn Mr Men Show. (R) 6 45 Dkwn thn Ontnch. 6 50 Ashy Flyng Fairy Sn ul. (R) 7 00 Mshawk and Ozzie and Ern. (R) 7.10 Bunanas in Pyjamas. (R) 7 20 Animal Antics. (R) 7.25 Make Way for Noddy. (R) 7 40 City of Friends. (R) 8 00 Littln Princess. (R) 8 10 Angnlina Ballnrina. (R) 8 25 Hana's Helpline. (R) 8 40 Rupert Bear. (R) 5.00 Tea and Holly's Little Kingdom. (R) 9 10 Toby's Travelling Circus. 9.25 Roary the Racing Car. (R) 9 40 Jelly Jamm. (R) 10 00 Chwsn Food in Minutes. (R) 10.20 Dallas. (R) 11 15 Once Upon a Time. (R) 1 10 **Film**: Thn Christmas Connnitant. (2012) 2 55 **Film**: It's a Very Merry Muppet Christmas Movin (2002) 4 40 **Film**: Christmas with thn Kranks (2004)

8 40 **Film** The Family Man (2000) A businessman is magically sent into an alternative reality to experience the life he would have lived if he had not left his girlfriend. Drama with Nicolas Cage and Tea Leone.

8 55 5 News Weakend

8 00 **Film** Bad Santa (2003) A drnnk takes a job as an interns Santa w th a view to robbing h n employers, but a bullet child interferes with his plans. Rnnkin comedy starring Billy Bob Thornton.

11 00 **Film** Superbad (2007) Teen comedy starring Jonah Hill and Michael Cera.

1 15 SuperCasino. 5 50 House Doctor. (R) 4 55 Rough Gn'n To (R) 5 05 Hana's Helpl ne. (R) 5 15 Thn Milkshake! Show. (R) 5 40 Thomas & Friends. (R) 5.50 Roary thn Racing Car. (R)

DIGITAL

BBC Three
7 00 Great Movie Mistakes. 2012 7 50 Merlin. 8 35 **Film**: Kung Fu Panda (2008) 11 00 Him & Her. The Christmas Special. 10 30 Gavin & Stacey – Christmas Special. 11 30 Family Guy.

BBC Four
1 00 **Film**: Cleopatra (1963) 10 55 Elizabeth Taylor: England's Other Elizabeth. 11 50 The Genius of David Bowie.

ITV2
3 40 Cinderella. 5 15 Aladdin. 8 00 **Film**: Thn Mnmmy: Tomb of the Dragon Emperor (2008) 9.00 **Film**: The Incredible Hulk (2008) 11 15 **Film**: Van Hnlsing (2004)

ITV3
5.30 Agatha Christie's Poirot. 5 55 Thn Return of Sherlock Holmes. 7 00 Lewis. 8 00 Agatha Christie's Poirot. 11 00 Cracker.

ITV4
1.35 **Film**: Thn Singer Not the Song (1961) 4 10 **Film**: Spartacus (1960) 8 56 Premiership Rugby Union. 9 00 **Film**: Rocky IV (1985) Boxing drama starring Sylvester Stallone. 11.00 **Film**: Rocky V (1990)

E4
7 00 **Film**: The Alnyen (1982) James Cameron's sci-fi thriller starring Ed Harris, Michael Biehn and Mary Elizabeth Mastrantonio. 9 40 The Idiot Awards. 11.50 The Inbetweeners.

Film4
2.50 St Trinnn's (2007) 4.45 Jnst Wright (2010) 5 40 Steel Magnolias (1989) 9 50 Iron Man (2008) An armn nnmaclaimer invents a hi tech su t of armnnr and uses t n thn fight against evil around thn world. Superhero adventure starring Robert Downey Jr and Jeff Bridges. 11 55 Paradise Lost (2006)

Monday

BBC1 6.00 Breakfast. 9.00 David Suchet In the Footsteps of St Paul. 10.00 The Two Ronnies Christmas Special 1974. (R) 11.00 Only Fools and Horses. (R) 12.00 BBC News, Weather 12.15 Regional News Weather 12.25 Film. The Santa Clause (1994) 2.00 Film. The Chronicles of Narnia: Prince Caspian (2008) 4.15 Merry Madagascar. 4.30 The Gruffalo's Child (R) 5.05 Film. Lady and the Tramp (1955) 6.30 BBC News Weather 6.35 Regional News Programmes, Weather 6.45 Film. A Christmas Carol (2004) 8.15 Merlin 9.00 EastEnders. 9.35 Outnumbered. 10.15 Mrs Brown's Boys 10.45 The Vicar of Dibley. (R) 11.30 BBC News Weather. 11.45 Midnight Mass from Lincoln Cathedral 1.05 Film Serendipity (2001) 2.30 Weatherwise. 2.35 BBC News.

BBC2 6.00 CBeebies. 7.05 CBBC 8.10 Film. Burton's The Nightmare Before Christmas. (1993) 10.20 Film Who Framed Roger Rabbit (1988) 11.55 The Great British Bake Off Masterclass (R) 12.55 Weather Film Christmas. (R) 1.55 Springwatch Guide 0 Otters. (R) 2.56 Equestrian. 3.55 Film Nativity! (2009) 5.35 Dad's Army (R) 6.15 Carols from King's 7.30 Morecambe & Wise Send Christmas Cards (R) 8.30 Porridge (R) 9.00 Porridge (R) 9.40 Bonnie Barker The Many Faces Of. 10.40 The Two Ronnies. The Studio Recordings. 11.10 Rewind: Christmas Special (R) 12.10 01 (R) 12.40 An Island Parish. (R) 1.10 Film. The Turtles of Tahiti (1962) 2.40 Close

ITV1 5.00 CITV: Baker and the Adventures of Badou 6.10 Baker and the Adventures of Badou (R) 6.25 The Hive (R) 6.30 The Hive (R) 6.45 The Hive (R) 6.50 Cannals (R) 7.00 Flashing Monkeytoes 7.15 Flashing Monkeytoes 7.30 Horrid Henry. 7.45 Horrid Henry. 8.00 Film Spooky-Doo and the Cyber Chase. (2001) 9.30 Film. Dennis. (1993) 11.05 Demi Date 12.10 ITV News, Weather 12.20 The Chase (R) 1.30 Dec Martin. (R) 3.30 Rod Stewart's Christmas (R) 4.45 Film The Grinch (2000) 6.40 ITV News Weather 7.00 Emmerdale 7.30 Coronation Street. 8.30 The Spice Girls Story: Viva Forever! 10.00 ITV News at Ten Weather 10.15 Christmas Carols on ITV 11.15 The Jonathan Ross Show Christmas Special (R) 12.45 The Unforgettable Danny La Rue. (R) 1.40 Push ng Daisies (R) 2.25 ITV Nightscreen.

Channel 4 6.00 The Treacle People. Mewse (1999) 7.25 Famous Fred (R) 7.55 via the Invisible Pipe (R) 8.20 The Adventures of Snowman and the Snowdog 5.30 Film Christmas Carol The Movie (2001) 10.00 The Big Bang Theory (R) 10.35 The Big Bang Theory (R) 11.00 Film: The Muppet Christmas Carol (1992) Puppet comedy starring Michael Caine 12.40 The Simpsons (R) 1.15 The Simpsons (R) 1.45 Dead or No Deal's Big Christmas Dinner 2.50 Film Horror Alone 2. Lost in New York. (1992) Comedy sequel starring Macaulay Culkin. 5.05 The Simpsons. (R) 6.40 Hollyoaks. 6.10 Channel 4 News 8.25 Although tv: Channel 4 News 8.35 Strangers 8.55 Film Ice Age A Mammoth Christmas (R) 8.00 The Snowmen and the Snowdog 8.00 Stephen Fry: Gadget Man Christmas Special 8.00 6 Out of 10 Cats Christmas Special (R) 10.00 Peep Show (R) 10.30 Friday Night Dinner 11.05 The Inbetweeners (R) 11.40 The Inbetweeners (R) 12.15 The Inbetweeners (R) 2.15 Forte Tube Special 2010. (R) 4.00 Made in Chelsea 2.00 (R) 5.40 The Hoobs (R) 5.55 The Treacle People. (R)

Channel 5 6.00 Milkshake! 8.40 The Family Recipe (R) 9.50 Dallas (R) 10.40 Once Upon a Time (R) 11.30 Once Upon a Time (R) 12.35 Film Mistletoe Over Manhattan (2011) Christmas fantasy, starring Tricia Helfer and Greg Bryk 2.25 Film Trading Christmas. (2011) Premiere Romantic comedy starring Josh Peel and Gil Bellows 4.10 Film: Snoopy – A Christmas Carol (1969) Charles Dickens fantasy starring Alastair Sim 6.00 Neil's Animal Christmas 7.00 Worlds Biggest Pets. 8 News Update 8.00 A Right Royal Year. 9 News at 9 9.00 Eddie Stobart's Christmas Cracker 10.00 Film The Thomas Crown Affair (1999) Crime adventure remake with Pierce Brosnan 12.15 NCIS (R) 1.15 SuperCasino. 3.55 House Doctor (R) 4.20 HouseSuiters. (R) 4.45 Great Artists. (R) 5.10 Michaela's Wild Challenge. (R)

Tuesday

BBC1 6.00 Breakfast. 9.00 The Gruffalo. (R) 9.25 Peter Rabbit's Christmas Tale. (R) 9.50 Final Flight. 10.00 Christmas Day Elephant. 11.00 Only Fools and Horses. (R) 12.05 BBC News. 12.13 Weather 12.15 Shrek the Halls. (R) 12.40 Film Madagascar Escape 2 Africa (2008) 2.10 Top of the Pops Christmas 3.00 The Queen 3.10 Film. Shrek Forever After (2010) 4.35 Room on the Broom 5.00 BBC News. 6.10 Weather 6.15 Doctor Who. 8.15 Strictly Come Dancing Christmas Special 7.30 Call the Midwife. 8.45 EastEnders. 9.45 The Royle Family Christmas Special 10.45 BBC News 10.55 Weather. 11.00 The Vicar of Dibley. (R) 11.40 On Christmas Night. 11.05 Have I Got a Bit More News for You Christmas Special. 12.00 Film. Cold Mountain. (2003) 3.40 Weatherwise 3.00 BBC News.

BBC2 6.00 CBeebies. 7.00 CBBC 8.45 Arthur Christmas. (2011) Sci-fi comedy. 10.45 Attenborough's Ark. Natural World Special (R) 10.45 Carols from King's (R) 12.00 Film On the Town (1946) 1.35 Film: Singin' in the Rain (1952) 3.15 Cinderella. 5.15 The Queen (R) 5.25 Anne. Sister Wendy and the Art of the Gospel 6.25 60 Years of Bond Cars A Top Gear Special (R) 7.30 Dad's Army (R) 8.00 Blackadder's Christmas Carol (R) 8.45 Film: Dad's Army. (1971) with the Military Wives. 9.45 Q! XL. (R) 10.30 The Sarah Millican Television Programme Christmas Special (R) 11.00 The Christmas No 1 Story (R) 12.00 Top of the Pops Christmas 2012 (R) 1.30 Film The Hunchback of Notre Dame (1939)

ITV1 6.00 CITV: Baker and the Adventures of Badou 6.10 Baker and the Adventures of Badou (R) 6.25 The Hive (R) 6.35 The Hive (R) 6.45 The Hive (R) 6.50 Cannals (R) 7.00 Flashing Monkeytoes 7.15 Flashing Monkeytoes 7.30 Almost Naked Animals. (R) 7.45 Almost Naked Animals (R) 7.55 Film: Spooky-Doo and the Alien Invaders (2000) 9.25 Film Aladdin. (1992) 11.10 The Nativity: Favourite Christmas Song (R) 12.40 Text Santa One Meat Time (R) 1.15 ITV News Weather 1.25 Film Toy Story (1995) 3.00 The Cube: 20 Fm Tonight (2010) 5.00 New You've Been Framed! Christmas. 5.30 Emmerdale 6.00 Paul O'Grady: For the Love of Dogs at Christmas 7.00 Emmerdale 7.30 Coronation Street. 8.30 ITV News Weather 8.45 Downton Abbey. 10.45 Film Couples Retreat. (2009) 12.55 Christmas Carols on ITV (R) 1.05 Pushing Daisies (R) 2.45 ITV Nightscreen.

Channel 4 6.00 Little Wee (R) 6.30 Lost and Found (R) 6.55 Fetch Christmas (R) 7.25 The Snowman and the Snowdog (R) 7.30 The Simpsons. (R) 7.50 The Simpsons (R) 8.25 Film Harold Herbie & Henri's Wish (2006) 10.00 Gordon's Christmas Cookalong Live 1.55 The Snowman and the Snowdog. (R) 2.25 Film Scrooged (1988) 4.20 The Alternative Christmas Message 4.25 Dead or No Deal's Big Christmas Dinner 5.30 Channel 4 News 5.35 Strangers 5.55 Film The Lord of the Rings The Fellowship of the Ring (2001) 8.10 Alan Carr: Chatty Man Christmas Special 10.00 Rude Tube 11.05 CAS-30 Castaway Comedy Smash (R) 1.05 Film Cocktail (1988) Sport disaster movie starring Robert Hays 2.35 David Beckham When Is Magic? (R) 3.20 KOTV Racing Weekly 3.45 Extreme Sailing Series (R) 4.15 Brit Encounters of the Sporting Mind Body Building (R) 4.20 Ultimate Frisbee. (R) 4.25 International Volleyball 5.20 Sail Mail. (R) 5.25 Film Friendface Dog. (2007) Family comedy starring Jo h Hutcherson

Channel 5 6.00 Milkshake! 8.55 Inside Bollywood 9.00 Film Genie with the Wind (1939) Epic romantic drama starring Vivien Leigh and Clark Gable 1.15 Film: Sun-Kist (1953) Classic comedy starring Charlton Heston 5.25 Film The Santa Incident. (2010) Premiere Comedy starring Greg Germann and Jane Seymour 7.00 Eddie Stobart's Christmas Chelsea. (R) 8 News Update. 8.00 Eddie Stobart Trucks, Trailers and Tinsel (R) 5 News at 9 9.00 Eddie Stobart's Christmas Delivery. (R) 10.00 Greatest Christmas TV Moments. (R) 1.00 SuperCasino. 3.55 House Doctor (R) 4.20 HouseSuiters. (R) 4.45 Great Artists. (R) 5.10 Michaela's Wild Challenge. (R)

Wednesday

BBC1 6.00 Breakfast. 9.00 CBeebies Party 2012. 10.45 Jack and the Beanstalk (R) 11.45 Room on the Broom (R) 12.10 The Madagascar Penguins in a Christmas Caper 10.25 Film Cars. (2006) 12.15 BBC News 12.30 Regional News Weather 12.40 Sir Trunk (R) 1.40 Film Happy Feet. (2006) 3.20 Film Enchanted. (2007) 5.00 Film. Now to Train Your Dragon (2010) 6.30 BBC News Weather 6.45 Regional News Programmes, Weather 8.55 Film. Alice in Wonderland (2010) 9.30 EastEnders. 9.00 Miranda. 9.30 Mrs Browns Boys 10.00 BBC News Weather 11.20 The National Lottery Wednesday Night Draws. 10.25 Masters of the Sky. 12.00 Film Blades of Glory (2007) 1.25 Weatherview 1.30 BBC News.

BBC2 6.00 CBeebies. 7.00 CBBC 8.00 The Great Pit: Africa's Wild Heart. (R) 10.00 Attenborough 60 Years in the Wild (R) 11.00 John Wilson on Broadway Duets. 11.40 Nancy Bussell Dances Hollywood (R) 2.40 Film An American in Paris. (1951) 4.30 Final Score. 5.30 Film Miss Potter (2006) 7.10 Morecambe & Wise: Song and Dance (R) 8.00 Blackpool Big Night Out. 9.00 The Girl 10.30 F m Rebecca. (1940) Romantic drama with Laurence Olivier and Joan Fontaine 12.35 Paul Merton Looks at Alfred Hitchcock 1.25 Film The Lodger. (1944) Alfred Hitchcock's romantic comedy, with Cantel Lombard and Robert Montgomery 3.00 Close.

ITV1 5.00 CITV: Baker and the Adventures of Badou 6.10 Baker and the Adventures of Badou (R) 6.25 The Hive (R) 6.35 The Hive (R) 6.45 The Hive (R) 6.50 Cannals (R) 7.00 Flashing Monkeytoes 7.15 Flashing Monkeytoes 7.30 Almost Naked Animals. 7.45 Almost Naked Animals (R) 8.15 Horrid Henry. (R) 8.30 Fort Boyard. (R) 9.30 Film Almost Naked Children (1970) Period family drama starring Jenny Agutter and the late Dinah Sheridan. 11.30 Dinner Date 12.20 ITV News, Weather 12.45 Film: Duet for One. (2008) Drama starring Julie Andrews starring Will Ferrell 2.25 The Spice Girls Story: Viva Forever! (R) 3.55 This Is Lionel Richie. (R) 5.40 ITV News, Weather 6.00 Text Santa Toy Story 2. (1999) Animated sequel with the voice of Tom Hanks 7.00 Emmerdale 7.30 Coronation Street. 8.00 That Dog Can Dance! 9.00 Doctor Who. 11.00 ITV News at Ten Weather 11.15 Railway: Atonement. (2007) Romantic period drama, starring Keira Knightley and James McAvoy 1.25 Celebrity Wife Wants to Be a Millionaire? Partnership Special (R) 2.30 Film. Every Which Way But Loose (1978) Action comedy starring Clint Eastwood 4.15 ITV Nightscreen.

Channel 4 6.40 Wide Stories. (R) 7.30 The Art of The Snowman and the Snowdog (R) 7.40 Ascending to Jen (R) 8.10 Everybody Loves Raymond (R) 8.40 The Morning Line 9.40 Film Valiant. (2005) Computer-animated adventure with the voice of Ewan McGregor 11.10 The Simpsons (R) 11.45 The Simpsons (R) 12.15 Dead or No Deal's Big Christmas Dinner 1.15 Channel 4 Racing Live coverage from Kempton Park and Wetherby. 3.40 Film Turner & Hooch (1989) Police crime comedy starring Tom Hanks 5.40 The Simpsons (R) 6.10 Hollyoaks. 6.40 Channel 4 News 6.55 although tv 6.55 Film. The Lord of the Rings The Two Towers. (2002) Fantasy adventure sequel starring Elijah Wood 10.00 Film The Girl with the Dragon Tattoo. (2009) Premiere Mystery thriller starring Michael Nyqvist and Noomi Rapace 1.20 Film Airplane II The Sequel (1982) Disaster movie spoof sequel with Robert Hays. 2.40 The Good Wife 3.25 St Elsewhere (R) 4.15 90210. 5.35 Dealer No Deal (R)

Channel 5 6.00 Milkshake! 8.40 The Family Recipe (R) 9.50 Dallas (R) 10.40 Cowboy Builders (R) 11.40 Once Upon a Time (R) 12.40 Film The Greatest Story Ever Told (1965) Biblical drama starring Max von Sydow 4.30 Film Will You Marry Me? (2006) Premiere Comedy starring Tommy Lioutas and Vikki Kinasky. 6.15 Hell's Animal Christmas (R) 7.10 TV's 50 Greatest Magic Tricks. (R) 10.00 Most Shocking Celebrity Moments 2012. 12.55 SuperCasino. 3.55 House Doctor (R) 4.20 HouseSuiters. (R) 4.45 Great Artists. (R) 5.10 Michaela's Wild Challenge. (R)

Thursday

BBC1 6.00 Breakfast. 9.00 Watch of the Day (R) 9.30 Film. The Thief Lord (2006) 11.00 Film. 101 Dalmatians. (1996) 12.40 BBC News 12.55 Regional News Weather 1.00 My Family (R) 1.50 Donkey's Cunning Christmas-tastic 2.00 Film Troll (2008) 3.25 Film Monsters vs Aliens (2009) 4.50 Dragons: Gift of the Night Fury 5.15 Wallace & Gromit. A Grand Day Out. (R) 6.40 Pointless Celebrities 6.30 BBC News Weather 6.45 Regional News Programmes, Weather 7.00 Celebrity Mastermind. 7.30 Films I Get News for You 2012 9.00 EastEnders. 9.00 Restless 10.30 BBC News 10.45 Regional News Weather 10.55 Celebrity MX World Tour 2012 11.55 Film. Feind Break. (1941) 1.55 Skiing Weatherview 2.00 Sign Zone Snow Rabbits. (R) 3.00 Wartime Farm Christmas. (R) 4.00 See James Mayle Toy Stories. Flight Club. (R) 3.00 Countryfile (R) 4.00 BBC News

BBC2 6.00 CBeebies. 7.00 CBBC. 8.05 The Great Pit. African Wild Heart (R) 10.05 Attenborough 60 Years in the Wild (R) 11.05 Film. The Lady Vanishes. (1938) 12.40 Film The 39 Steps. (1935) 2.05 Film: Notorious. (1946) 3.40 Play It (R) 4.30 Film The Four Feathers (2002) 6.30 Nature's Weirdest Events (R) 7.30 Blackadder the Third (R) 8.00 Raising Legends Colin McRae. 9.00 World's Most Dangerous Roads. 10.00 Q! 10.30 Arty Parsons – Grumbled Law 11.30 Never Mind the Buzzcocks (R) 12.00 Heirloom (R) 12.30 Twenty Twelve (R) 1.30 Film. Albert and Costello Meet Captain Kidd. (1952) 2.40 BBC News.

ITV1 6.00 CITV: Baker and the Adventures of Badou 6.10 Baker and the Adventures of Badou (R) 6.25 The Hive (R) 6.35 The Hive (R) 6.45 The Hive (R) 6.50 Cannals (R) 7.00 Flashing Monkeytoes 7.15 Flashing Monkeytoes 7.30 Film: Nativity! (2009) 9.15 Film Nativity 2: Danger in the City. (2012) 4.30 Film Peter Pan (2003) Fantasy adventure with Jeremy Sumpter and Rachel Hurd-Wood 6.05 Regional News, Weather 6.45 ITV News Weather 7.00 Emmerdale 7.30 Coronation Street. 8.00 You've Been Framed! (R) 8.30 The Cons Years 9.00 All New It'll Be Alright on the Night 10.00 ITV News at Ten, Weather 10.15 Film. Gremlins. (1984) Comedy horror with Zach Galligan 12.15 Jackpot 24/7 3.00 Film. Dave (1993) Political comedy starring Kevin Kline. 4.50 ITV Nightscreen

Channel 4 6.25 Sail Mail. (R) 6.30 The Hoobs (R) 7.05 Wife Swap (R) 7.35 Everybody Loves Raymond (R) 8.00 Frasier (R) 8.35 Frasier (R) 9.05 The Big Bang Theory 9.35 The Big Bang Theory 10.05 The Simpsons (R) 10.35 The Simpsons. (R) 11.00 Film. Planet 51 (2009) Peaceful Animated sci-fi comedy, with the voice of Dwayne Johnson. 12.45 Film Zulu (1964) Real-based drama starring Michael Caine. 3.30 Dead or No Deal's Big Christmas Dinner 4.30 The Simpsons (R) 5.00 The Simpsons (R) 5.25 Hollyoaks 6.00 Hollyoaks. 6.30 Channel 4 News 6.55 although tv 7.00 Mayor Makes Last Request 8.00 Alan Carr: Chatty Man Christmas Special (R) 9.00 The Restoration Man 10.00 Film: Dream Gray (2009) Period horror starring Ben Chaplin 12.10 Film The Girl Who Played with Fire (2009) Premiere Thriller sequel, starring Noomi Rapace 2.25 The Good Wife 3.50 Film Sunset Boulevard. (1950) Drama starring Gloria Swanson 4.35 90210

Channel 5 6.00 Milkshake! 6.40 The Family Recipe (R) 9.55 Dallas (R) 10.55 Eddie Stobart Trucks, Trailers and Tinsel. (R) 11.50 Once Upon a Time (R) 12.50 Film. Rudolph on the Roof (1971) Musical starring Tarot 6.25 Film: Ben Cherchon Carol (2012) Premiere Fantasy starring Emmanuelle Vaugier 9.10 World's Biggest Pets. (R) 7.05 Eddie Stobart's Christmas Delivery. (R) 8 News Update 8.00 Wildlife Savagers: Man 2012 9 News at 9 9.00 Film Dirty Dancing (1987) Romantic drama, with Patrick Swayze. 11.05 Film You Don't Mess with the Zohan (2008) Comedy starring Adam Sandler 1.15 SuperCasino. 3.55 House Doctor (R) 4.20 HouseSuiters. (R) 4.45 Great Artists. (R) 5.10 Michaela's Wild Challenge. (R)

Friday

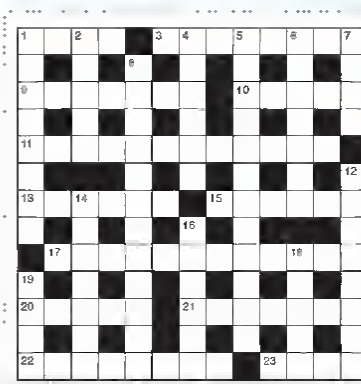
BBC1 6.00 Breakfast. 9.00 Film. The Inbetweeners (2011) Diaries 2. Royal Engagement (2004) 10.40 Film 102 Dalmatians. (2000) 12.20 BBC News, Weather 12.35 Regional News Weather 12.45 My Family (R) 1.35 Film. Rare e Wi tch Mountain. (2009) 3.10 Legend of the Sandkeeper Dragon 3.30 Film The Sorcerer's Apprentice. (2010) 5.10 Wallace & Gromit: The Wrong Trousers (R) 5.45 Pointless Celebrities (R) 6.30 BBC News 6.45 Regional News Programmes Weather 7.00 Celebrity Mastermind 7.30 The One Show on Ice Seal of 2012. 8.00 Holby City 9.00 Restless. 10.30 BBC News 10.45 Regional News Weather 10.55 The National Lottery Friday Night Draws. 11.00 Take That Progress Live (R) 12.20 Weatherview 12.25 Film Sign Zone Tamara Drewe (2010) 8.05 James Mayle Toy Stories. Flight Club. (R) 3.00 Countryfile (R) 4.00 BBC News

BBC2 6.00 CBeebies. 7.00 CBBC. 8.05 The Great Pit. African Wild Heart (R) 10.05 Attenborough 60 Years in the Wild (R) 11.05 Film. The Lady Vanishes. (1938) 12.40 Film The 39 Steps. (1935) 2.05 Film: Notorious. (1946) 3.40 Play It (R) 4.30 Film The Four Feathers (2002) 6.30 Nature's Weirdest Events (R) 7.30 Blackadder the Third (R) 8.00 Raising Legends Colin McRae. 9.00 World's Most Dangerous Roads. 10.00 Q! 10.30 Arty Parsons – Grumbled Law 11.30 Never Mind the Buzzcocks (R) 12.00 Heirloom (R) 12.30 Twenty Twelve (R) 1.30 Film. Albert and Costello Meet Captain Kidd. (1952) 2.40 BBC News.

ITV1 6.00 CITV: Baker and the Adventures of Badou 6.10 Baker and the Adventures of Badou (R) 6.25 The Hive (R) 6.35 The Hive (R) 6.45 The Hive (R) 6.50 Cannals (R) 7.00 Flashing Monkeytoes 7.15 Flashing Monkeytoes 7.30 Film: Nativity! (2009) 9.15 Film Nativity 2: Danger in the City. (2012) 4.30 Film Peter Pan (2003) Fantasy adventure with Jeremy Sumpter and Rachel Hurd-Wood 6.05 Regional News, Weather 6.45 ITV News Weather 7.00 Emmerdale 7.30 Coronation Street. 8.00 You've Been Framed! (R) 8.30 The Cons Years 9.00 All New It'll Be Alright on the Night 10.00 ITV News at Ten, Weather 10.15 Film. Gremlins. (1984) Comedy horror with Zach Galligan 12.15 Jackpot 24/7 3.00 Film. Dave (1993) Political comedy starring Kevin Kline. 4.50 ITV Nightscreen

Channel 4 6.25 Sail Mail. (R) 6.30 The Hoobs (R) 7.05 Wife Swap (R) 7.35 Everybody Loves Raymond (R) 8.00 Frasier (R) 8.35 Frasier (R) 9.05 The Big Bang Theory 9.35 The Big Bang Theory 10.05 The Simpsons (R) 10.35 The Simpsons. (R) 11.00 Film. Planet 51 (2009) Peaceful Animated sci-fi comedy, with the voice of Dwayne Johnson. 12.45 Film Zulu (1964) Real-based drama starring Michael Caine. 3.30 Dead or No Deal's Big Christmas Dinner 4.30 The Simpsons (R) 5.00 The Simpsons (R) 5.25 Hollyoaks 6.00 Hollyoaks. 6.30 Channel 4 News 6.55 although tv 7.00 Mayor Makes Last Request 8.00 Alan Carr: Chatty Man Christmas Special (R) 9.00 The Restoration Man 10.00 Film: Dream Gray (2009) Period horror starring Ben Chaplin 12.10 Film The Girl Who Played with Fire (2009) Premiere Thriller sequel, starring Noomi Rapace 2.25 The Good Wife 3.50 Film Sunset Boulevard. (1950) Drama starring Gloria Swanson 4.35 90210

Channel 5 6.00 Milkshake! 6.40 The Family Recipe (R) 9.55 Dallas (R) 10.55 Eddie Stobart Trucks, Trailers and Tinsel. (R) 11.50 Once Upon a Time (R) 12.50 Film. Rudolph on the Roof (1971) Musical starring Tarot 6.25 Film: Ben Cherchon Carol (2012) Premiere Fantasy starring Emmanuelle Vaugier 9.10 World's Biggest Pets. (R) 7.05 Eddie Stobart's Christmas Delivery. (R) 8 News Update 8.00 Wildlife Savagers: Man 2012 9 News at 9 9.00 Film Dirty Dancing (1987) Romantic drama, with Patrick Swayze. 11.05 Film You Don't Mess with the Zohan (2008) Comedy starring Adam Sandler 1.15 SuperCasino. 3.55 House Doctor (R) 4.20 HouseSuiters. (R) 4.45 Great Artists. (R) 5.10 Michaela's Wild Challenge. (R)



This week's crossword - Clues

Across

1 Vend (4)
3 Ripeness (8)
9 Insult (7)
10 Lethal (5)
11 Censorious (12)
12 Modern (6)
15 Abrupt (6)
17 Type of biscuit (5-7)
20 Boredom (5)
21 Flap on aircraft wing (7)
22 Meant (6)
23 At one time (4)

Down

1 Defames (4)
2 Elevates (5)
4 Dress (6)
5 Inauspicious (12)
6 Chanted (7)
7 Bawl (4)
8 Recompense (12)
12 Way in (6)
14 Small crown (7)
16 Abrade (6)
18 Moslem bible (5)
19 Abominable snowman (4)

Last week's solution

ACROSS 6 VEHICLE 7 UTTER 9 TAINT 10 DELIVER 12 FRAUDULENCE 14 HAIRDRESSER 18 TRIPPER 19 BOGUS 21 SCANT 22 ACQUIRE

DOWN 1 REGAL 2 WINNER 3 OLD 4 STRIVE 5 BESEECH 8 REQUEST. 11 QUARREL, 13 CAPRICE 15 REPINE 16 EXODUS 17 HURRY 20 ACT

Food & Drink

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Poorer families cut back on fruit and veg by 20%

FAMILIES are buying up to 20 per cent less fruit and vegetables than before the recession as they face the biggest squeeze on living standards in decades.

Supermarket prices have gone up at a far higher rate than incomes, meaning many can no longer buy what they want but must trade down to cheaper products or do without.

And research shows it is the recommended five portions of fruit and vegetables a day which most people are cutting out.

The Government's annual Family Food survey, a detailed snapshot of the nation's food and drink spending, shows we are buying less food but paying far more for it.

Food purchases were down by 4.2 per cent last year compared with 2007 but the smaller shop cost 12 per cent more at nearly £40.

Experts expressed concern as shoppers bought less fish, milk, bread, fruit and vegetables and opted for fatty, filling foods such as bacon, cheese and soft drinks.

While purchases of alcohol, confectionary and snacks fell, the drop in fruit and vegetable buying was 10 per cent on average and 22 per cent in the lowest income homes.

Only those in the top fifth income bracket are estimated to be eating the recommended five a day.

You'll want seconds!

WHAT is your favourite part of Christmas Dinner? We would go for the stuffing every time. It starts off rich and full of flavour and then just gets better and better during cooking as it absorbs the roasting juices. So satisfying!

Here are 2 simple recipes for stuffing that we love, but you might not have tried before.

Helzel Stuffing:

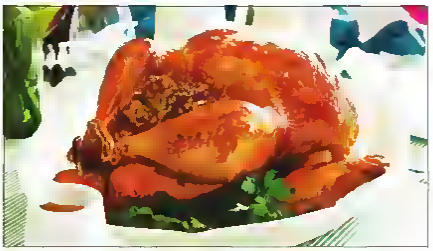
This tasty recipe originates from central Europe when it was traditionally used to stuff the neck of the bird, but it works just as well inside the cavity.

- Heat 2 tablespoons of oil in a frying pan, add a large roughly chopped onion, season with salt and gently fry for about 15 minutes until soft, gooey and caramelised (for maximum flavour)
- Finely chop a medium sized carrot and a stick of celery (you might want to use a food processor) and add to the caramelised onions
- Add a cup of dried breadcrumbs to the mix and then bind it all together with a beaten egg.
- Flavour with a chopped clove of garlic, a large pinch of paprika and tablespoon of chopped parsley
- Season with salt and pepper and then stuff!

Chestnut Stuffing:

This is a delicious traditional British recipe which brings tremendous richness and flavour to the roast, but adds very little fat.

- Start by caramelising a large onion
- Add a tin of cooked chestnut puree (you can get it at the supermarket) to the pan so that it softens and blends with the onion
- Add 3 or 4 pinches of nutmeg to taste
- Season with plenty of salt and pepper and then stuff!



Stuffing Tips:

1. There is plenty of space inside a turkey for more than one flavour of stuffing.
2. Remember that stuffing adds to the weight of the bird and increases cooking time.
3. You could cook the stuffing separately in a covered oven-proof dish.

Merry Christmas from all of us at Amelie and Friends!

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www.amelieandfriends.com
e: info@amelieandfriends.com
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Plus some extra delicious surprises!
There will also be plenty of champagne on ice!
Menu:
Starter:
Langoustine Cocktail
Main:
Trio of Beef- steak pie, braised ox cheek,
roast beef and yorkshire
Dessert:
Opera Cake with Black Cherry
Coffee:
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Teachers provide food for hungry children

NEARLY half of the UK's teachers report seeing children coming to school hungry – with staff giving many pupils money or food for lunch.

Others are turning up with just a packet of sweets to last the day while some school meals offer little more than a "teaspoon" of rice and a "cube or two" of meat.

The shocking findings by The Children's Society charity have raised calls for more - and better - free school meals.

Currently more than half of the 2.2 million schoolchildren living in poverty in England miss out on a free school lunch.

Of these, 700,000 are not deemed eligible because their parents are working, regardless of how little they earn. Half a million more are not taking up free school meals because of the perceived stigma, and teasing or bullying.

The charity survey, dubbed Food for Thought, also reveals that 98 per cent of teachers think all children living in poverty – including those from working families – should be entitled to free lunch.

Chief Executive of The Children's Society Matthew Reed said: "This report sets out shocking evidence of just how much hardship teachers up and down the country are witnessing in classrooms day in, day out. Something is going badly wrong when teachers themselves are having to feed children.

"Every child in poverty should be given a free school meal. Free school meals are key to moving children out of poverty and vital to helping them flourish."

Other findings are that nearly three-quarters of teachers (72 per cent) report seeing children coming to school with no lunch and no means to pay for one.

Two-thirds (66 per cent) said staff provide hungry pupils with food or money to buy food.

One teacher told the survey: "Last month I found two girls sat on the toilet floor sharing one's packed lunch because the other girl had no lunch money."

Another revealed how some children steal toast from the canteen because they are so desperate for food.

And 40 per cent of teachers say many packed lunches are unhealthy. One said: "I have seen a child with a packet of Haribo sweets for his lunch – we had to arrange for the child to have a sandwich. This is not an isolated case."

Some school meals were slammed, too, with one third of teachers claiming the portion sizes are too small. One teacher revealed pupils are given little more than a teaspoon of rice or couscous and one or two cubes of meat.

The charity says a cashless system for school lunches would also help to end the stigma associated with free meals.

It comes as Blackpool – one of Britain's most deprived towns – announced a pilot scheme to provide free breakfast, milk and lunch to all primary school pupils.

Let's talk Cosmetic Surgery.

An Overview of Cosmetic Surgery - Join us for mince pies and a talk on Cosmetic Surgery.

Thinking of having cosmetic surgery? Mr Charles Durrant, Consultant Plastic Surgeon will be hosting a free talk on Thursday 20th December. Whether you're looking to lift, nip and tuck, reduce or enlarge, here's the perfect opportunity to get all your questions answered - or simply listen to some good advice. Following this Mr Durrant will be holding a free one to one clinic on Thursday 17th January.

FREE TALK

When: 20th December 2012

Where: Nuffield Health Chichester Hospital, 78 Broyle Road, Chichester, West Sussex, PO19 6WB

Meet our experts at: 7pm

FREE ONE TO ONE CLINIC

When: 17th January 2013

Where: Nuffield Health Chichester Hospital, 78 Broyle Road, Chichester, West Sussex, PO19 6WB

Time: 5pm

Mince Pies will be served.

To book, call 0808 1158229

Find out more at nuffieldhealth.com/hospitals/open-events

Nuffield Health hospitals

Grapefruit – because we like it juicy!

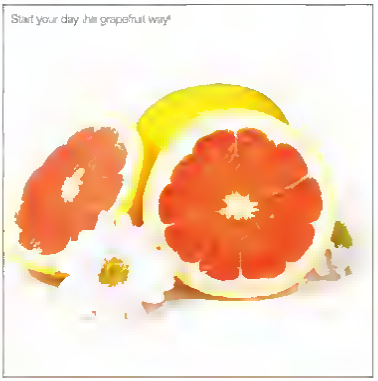
Denise Kelly

ON FRIDAY NIGHT I went on Chi FM as a guest. (Yes there is such a station and if you haven't already tuned in you should try it... its fabulous and full of all local information/gossip and what's on!) As the 'Nutrition Expert', I tried so hard not to sound like a killjoy when talking about Christmas drinking and rich foods! After all I am a realist and I have a busy family of my own so know how hard it can be to stay organised and focused around healthy eating at this crazy time of year!

So many people gain weight over the festive season and attempt to concentrate on being 'healthier' in January - but why wait?

If you only change one thing in your routine this season, then maybe you could consider eating grapefruit for breakfast every day and see how you feel. It has many Nutritional benefits that you may not be aware of and in a new study by the Nutrition and Metabolic Research Centre, researchers have confirmed that the simple act of adding grapefruit and grapefruit juice to your diet can result in weight loss. With its high fiber content and low glycemic load, grapefruit may be a secret weight-loss weapon. Research suggests that you might be more successful maintaining weight if you select foods with staying power like whole citrus that help curb appetite and prevent overeating. It has been shown that a person can actually eat large quantities of food without consuming too many calories by choosing foods high in fiber and water content. Such foods include fruit, vegetables, whole grains, legumes and some soups. For example, oranges and grapefruit rank high in fiber out of the top 20 most-consumed fruits and vegetables, therefore providing a greater feeling of fullness and keeping blood sugar levels more constant resulting in better appetite control.

One grapefruit also provides a daily dose of vitamin C that the human organism needs. Vitamin C, as we are all aware of, helps protect us from colds and flu, slows down the ageing process and is good for the complexion and skin. Besides, grapefruits are a good source of vitamin PP that fights fatigue and sleeplessness, and the vitamin D is essential for children and the elderly. Grapefruit contains pectin that removes cholesterol off the organism and improves metabolism. It also contains lycopene, the element that wonderfully fights tumors! A kilogram of grapefruits contains only 90 calories, so the fruit will not cause damage to the body shape, but will actually aid weight loss, and among other citrus fruits grapefruit is known as less allergenic. The fruit is believed to be the source of positive energy and amazingly good for patients suffering from hypertension and cardiovascular system diseases.



So, adding this little gem into your Christmas routine could make the difference that you have been looking for!

Denise Kelly is a BANT (British Association of Nutritional Therapists) registered Naturopathic Nutritional Therapist. She writes Nutrition Programs for a variety of organisations and has a private practise in Chichester, West Sussex and is the founder of K4 Fit Kidz. Tel: 01243 528040 www.denisekelly.co.uk

3 in 4 of those in debt say money worries are harming their health

DEBT PROBLEMS are affecting almost every aspect of people's lives, having a damaging impact on their work and home lives, family relationships and health, according to the results of a new Citizens Advice survey.

Around half of all respondents in employment and struggling with debt said their work performance was suffering (51%). Of these, 1 in 2 are finding it hard to concentrate at work (54%), while more than 1 in 3 (36%) are finding it difficult to do their jobs well.

Well over half (56%) said worry about debt was affecting their relationships. Of these, more than 1 in 2 (57%) said debt was causing problems with their partner and 1 in 3 (33%) said it was causing problems in their relationship with their children.

Over 1,700 people experiencing debt problems completed the online survey which ran from 16 September to 26 November 2012. Most owed between £1,000 and £20,000 but around 1 in 10 owed more than £30,000.

Nearly 3 in 4 (74%) said debt worries were having an impact on their mental health, while more than 1 in 2 (54%) said their physical health was affected. Of these having health problems, just over half had experienced a panic or anxiety attack (51%). Almost 4 out of every 5 (79%) said they were losing sleep most nights because of debt.

Around 1 in 4 people in debt are trying to take their minds off their money worries by drinking (29%), eating (24%) and smoking (29%). Nearly 2 in 5 (38%) were taking no action to tackle their debts and hoping the problem would go away.

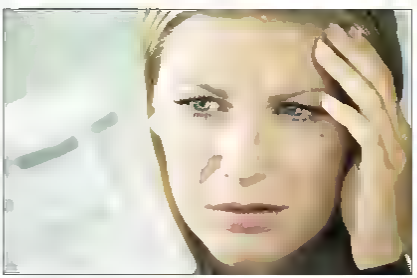
Outstanding personal debt stood at £1.415 trillion (including mortgages) at the end of September 2012, up from £1.406 trillion at the end of September 2011, while mental health problems cost the country an estimated £77billion a year in healthcare, benefits and lost productivity.

Citizens Advice is urging people with money worries to seek advice from one of the hundreds of Citizens Advice Bureaux in England and Wales rather than allow financial problems to fester and take their toll on work, relationships and personal health.

Citizens Advice Chief Executive Gillian Guy said: "We are seeing a debt epidemic in the UK which is affecting people from all walks of life. Debt can play havoc with family relationships, work and mental health which is why we are urging people struggling with money worries to visit one of our bureaux and get some free, independent debt advice.

"Our advisers deal with nearly 5 000 new debt problems every working day so we know debt can play a strong part in relationship breakdowns, ill health and problems at work. It's easy to understand why so many people try to ignore debt problems hoping they will go away, but that's not the answer. Getting free, confidential, expert advice can make all the difference between getting on top of financial problems or seeing debts spiral out of control."

In the 12 months up to 30 September 2012, Citizens Advice Bureaux in England and Wales helped with over 2 million debt problems – 30% of all bureaux enquiries – and CAB advisers are currently dealing with nearly 5,000 new debt problems every working day.



Citizens Advice Bureaux offer free, confidential, impartial and independent advice to help people solve debt problems. Advisers can help people prioritise their debts, talk through all their options, negotiate with creditors and make sure they are getting all the extra help they may be entitled to.

Take action as soon as you think there may be a problem. There's a lot you can do to help yourself so don't hurry your head in the sand – make sure you look at your options as early as possible.

Don't borrow more to pay off your existing debts. It may seem tempting in the short term, but all you'll do is leave yourself with even more to pay off.

Look at which debts are most important, not who is putting the most pressure on you to pay. Prioritise debts like mortgage or rent, council tax and gas and electricity. If you don't pay these, you may be in danger of losing your home, having your power cut off or even ending up in court.

Work out a household budget. You can use this to see where your money goes, where you could make savings and find out how much you can realistically afford to pay back each month.

Contact your creditors. If they know you are having difficulty with repayments, you may be able to work out a manageable repayment plan.

Shop around to make sure you're getting the best deal on your energy bills, mortgage payments and other essentials.

Get free, confidential, independent advice from your CAB. They will help you work out repayments and negotiate with your creditors, and also help you keep out of debt in the future. For more information go to the Citizens Advice website adviceguide.org.uk.

KAREN AND PHILIP

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a very merry christmas

and a happy new year

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Fashion

GOT ANY FASHION TIPS? @chiherald

Romeo Beckham 'stole the show' at Burberry shoot

ROMEO BECKHAM reportedly "stole the show" while making the new Burberry advertising campaign.

The ten-year-old son of Victoria Beckham and her soccer star husband David has been tapped by the British design house to front their spring/summer 2013 collection.

Burberry's creative director Christopher Bailey has revealed what Romeo was like to work with and why he was the perfect choice to represent the brand's clothing line.

"[Romeo] was a joy to work with and really stole the show," Christopher revealed in a statement about their new signing.

For his debut into the modelling industry Romeo was shot by top fashion photographer Mario Testino. He also appears alongside stylish stars including Cara Delevingne, having lots of fun, dressed in a classic Burberry trench coat.

The stylish youngster has previously been hailed a style icon by Chanel frontman Karl Lagerfeld, who met Romeo earlier this year.

Brits spend £5.9 billion on their winter wardrobe

BRITS will spend a total of £5.9 billion on their winter wardrobes for themselves and their families this season, according to research commissioned by Sainsbury's Bank home insurance.

The research suggests that each British household currently owns £1,593 worth of clothing and footwear and with new winter wardrobe expenditure added, the average households wardrobe contents could soon be worth £2,237. Yet around 61% admit to not knowing the value of wardrobe cover that their home insurance policy offers, and one in four (24%) say they don't have a home insurance policy in place that covers the contents of their wardrobe at all.

Those that don't have home insurance in place to cover their wardrobe contents could collectively have over £13 billion worth of uninsured clothing and footwear items in their homes.

David Barrett of Sainsbury's Home Insurance said: "Our analysis suggests that the contents of the average wardrobe can increase by almost one fifth (15%) over the winter months. The average household owns over £2,000 worth of clothing and footwear and most home insurance policies will include this within contents cover. We'd encourage everyone to check the level of contents cover their policy provides and that they've included the value of their wardrobe items when calculating the sum they need to insure.

David added: "Our research looked specifically at winter clothing purchases however we'd advise households to think about the value of their wardrobe all year round. For example, everyday items like handbags or shoes can be expensive, especially if they are designer brands, and the value of these could easily be overlooked. We'd recommend keeping receipts wherever possible and it's a good idea to make a list of all of your wardrobe items as this could help you if you need to make a claim."

The research suggests that this winter, the items that shoppers are looking for the most are woolly jumpers or cardigans, which 35% of people say they have already bought or will buy for themselves or a member of their family. One in three people (33%) say gloves are on their winter wardrobe shopping list and 29% say a winter coat is.

For further information on Sainsbury's home insurance, visit sainsburyshank.co.uk or pick up a leaflet in store.

Packing for a festive getaway

STEPHEN LAWRENCE
LADIES WEAR

CHRISTMAS, in our opinion, is all about spending time with people you love. For a lot of people this can mean travelling across the country to be together, perhaps even with the children and dog in tow.

If your car is laden with children, animals and gifts, you'll probably be using the dreaded hand luggage sized suitcase. Therefore keeping what you pack to a minimum is important - but you also need to be set for every eventuality. You never know what's going to happen when your entire family is back in the same house!

Here are some guidelines to preparing your wardrobe options for whatever your festive visit may bring.

Before you set off, check the weather. It's likely to be cold and wet, so you're probably going to need a decent waterproof coat (preferably with a hood), wellington boots and an umbrella.

Get ready to layer, layer and layer. Pack a camisole, a long-sleeved basic, a jumper, a cardigan and a coat. You can wear these all at the same time if needed! Pack a pair of leggings and good tights, they're perfect with a casual dress and boots, but you can also layer these under your trousers or jeans

when it gets really chilly.

With each garment, try to choose patterns and colours that complement each other, so that you can mix and match separate pieces. Also, take a couple of scarves to keep your look from feeling repetitive and to add another element to your outfit.

As we discussed last week, pack an LBD, this will be your dress up option. You can wear this on Christmas day with one of your colourful scarves, tights and boots. You'll look stylish and sophisticated, but still be able to muck in throughout the day. If you're roped into the dinner duties just pop an apron over the top. Very kitchen chic!

Merry Christmas from us all at Stephen Lawrence Ladies Wear.

Stephen Lawrence Ladies Designer Wear can be located at 1 Magnus Court, in the heart of the historic market town of Chichester, just behind the Marks and Spencer's food court. They stock a wide range of designer clothing brands such as Jnseph, Nicole Farhi and Seven For All Mankind.

Elegant dresses for every occasion

DECEMBER is the party month for many of us. From office Christmas parties to client shindigs to a festive carol evening, there is always something going on, and our wardrobes can take a bit of a battering.

While they're hardly the most regular of bedfellows, Christmas fashion can and should be all about elegance and flexibility. You want something that you can be comfortable in at work but that will also have you leading in the glamour stakes when evening comes.

With that in mind we've got the secrets to dressing for all occasions.

Dress for your shape

It's essential you dress for your body shape. If you aren't sure what shape you are, there are plenty of resources online to help you, and give advice on what style you should look for, and what you should steer well clear of.

Apple-shaped ladies should go for flowing silk or cotton dresses with small patterns while the pear-shaped among us should go for something that adds volume to the bust and shoulders. Hour-glass and straight-bodied women should both look to cinch in their waists.

While we're talking pure practicalities, you should also dress according to the event. You can go all out for pure elegance at a formal event, but if you are going to be spending time outside you need to prioritise staying warm.

Accessorise

One sure fire way to look your best both in the office and in the evening is to get serious about how you accessorise. Whether you shop for plus size dresses online at Bonmarché or at your local boutique, always be on the lookout for dresses that will support a range of accessories.

For the office, think about simple, understated jewellery, flat pumps and neutral nail varnish then glam yourself up with some characterful, kooky heels and an over-sized, opulent D&G-style necklace.

Trousers

This winter, trousers are very much in. The winter months allow for more opportunities to wear menswear-inspired styles, but 2013's trousers are inescapably feminine. The likes of Stella McCartney and Gucci have championed them this winter, with straight legged, tight-fitting numbers about as stylish as it gets.

This is great news for anyone hitting the town straight from work, as some wise personalisation will see them going from office chic to the height of fashion in no time. The bolder the design of your trousers, the better.

Evening dresses

OK, up to this point we've been all about mixing practicality and style, but there are occasions when you have to go all-out. If you are off to a ball or awards ceremony, it's time to bring versatility and go for something completely, obscenely wonderful.

Evening wear for 2012/13 is all about elegance, which is great news. London's V&A museum is currently showcasing the cream of Hollywood costumes and high street fashion brands are following suit.

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'Tis the season to keep up with the Joneses - Shoppers upgrade their homewares to impress this Christmas

RETAILER Debenhams has seen shoppers rushing in to buy fine china and cutlery sets in order to gain one-upmanship over their Christmas guests

Such is demand that sales have gone up by 20% compared to this time last year

Other items flying off the shelves include Egyptian cotton bed sheets which are soaring by 28% and premium towels which have risen by 12%.

Alice Duggan Head of Debenhams Home Buying says "Shoppers are aiming to really impress their festive guests and leave them green with envy, it's a clear case of keeping up with the Joneses"

Customers are paying particular attention to the dinner table and sales of china crystal glassware and dining accessories such as placemats have all risen

The trend was first seen in December, since the November pay day customers have been flocking in to spruce up their homes for the festive season

Customer research by department store Debenhams shows that people will host on average, five parties or dinner parties over the festive period at home

Alice Duggan continues; "2012 is the year for entertaining at home, the street parties of the Jubilee have simply continued into the house

"Customers are intent on making their homes so luxurious that they would rival any premium boutique hotel."

"As the cost of entertaining in restaurants and bars increases, shoppers are spending their hard earned cash on entertaining at home and giving their humble abode a make over in the process"

TV shows such as Come Dine With Me and Dinner Date are other reasons behind the trend for entertaining at home this Christmas

Cookware is another area that shoppers are upgrading, a rise has been seen in pots and pans in an effort to make sure the food they offer is as enticing as the decor

The trend for longevity in homewares and investment buying is a key trend for 2012 which is set to continue throughout 2013

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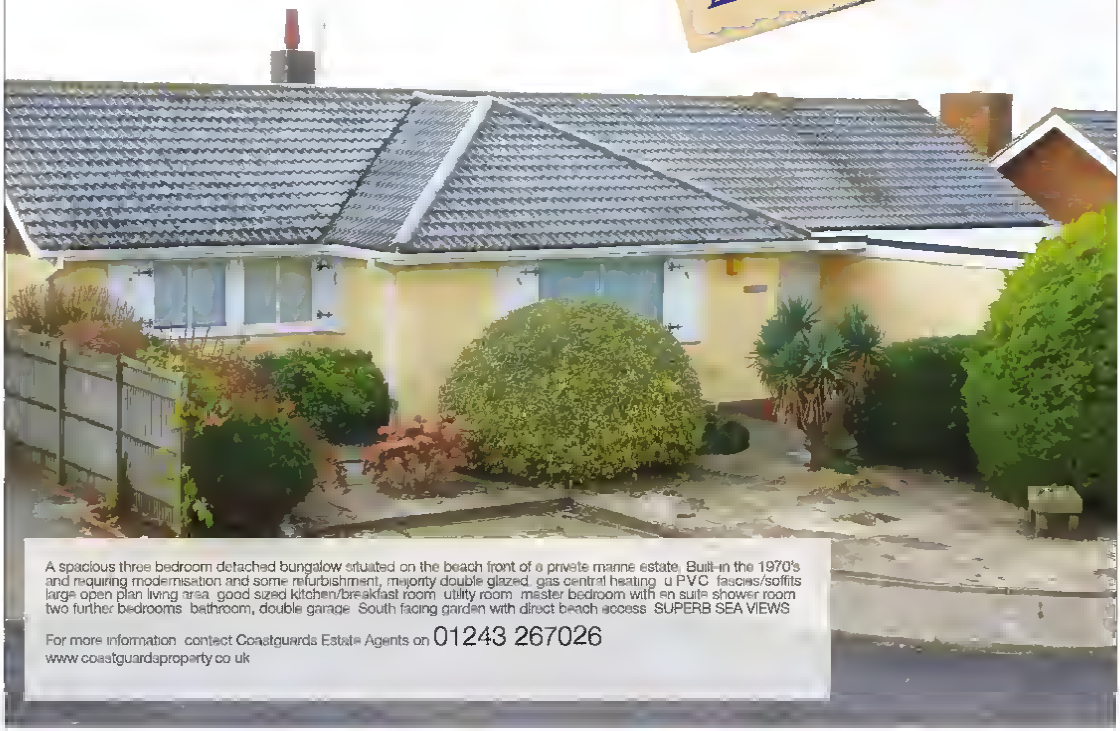

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Property sales 'set to increase'

UK HOUSE PRICES will increase by 2% over 2013, while rents will rise at double this rate as the squeeze on the sector continues, surveyors have forecast.

RICS said that factors such as a multibillion pound Government scheme to boost lending will result in some improvements showing through in the housing market next year, as the wider economy remains tough and uncertain.

This is likely to result in a 3% year-on-year increase in sales, with 960,000 transactions forecast to take place next year, which would be the highest number since 2007. The pick up in sales activity is forecast to be particularly noticeable in London, the South East, Wales and the North West.

However, the improvement will still be modest by historic standards as total sales in 2007 amounted to 1.62 million, and first time buyers will still struggle to make the jump onto the property ladder.

RICS said that in London, the prime central market is likely to be "broadly stable" in 2013 following tax changes introduced in the spring, as much of the rest of the capital continues to see above average price increases.

House price growth in London has consistently out performed the rest of the country, amid strong interest from overseas buyers, but a new 7% stamp duty rate placed on homes worth over £2 million in March was criticised by estate agents, who said it would cause housing chains to collapse.

The South East and the North West are set to see a modest pick up in prices, but the rest of the country will either see prices dip slightly or remain flat, RICS said.

Simon Rubinsohn, RICS chief economist, said: "The amount of sales going through should see an increase across the country, climbing to its best level since 2007, as the funding for lending scheme helps boost the availability of mortgage finance.

But these tentative signs of recovery in the sales market should not blind us to the very real problems that still exist. Even with the funding for lending scheme and some other government policies beginning to be felt in the mortgage market, many first-time buyers will continue to find it difficult to secure a sufficiently large loan to take on another step on the housing market.

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Olly, whose current album 'In Case You Didn't Know' has been certified platinum, is about to embark on a series of American dates with One Direction.
Olly is currently working on his third album, which is due for release later this year. He will star in the ITV2 documentary series 'Life On Murs' follows him on his sold our 2012 tour
Standing tickets on evening performance.
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Motors

Drivers urged to fit winter tyres as temperature drops

FOLLOWING the first winter cold snap to hit the UK, Cooper Tire is urging drivers to replace their summer rubber with tyres made specifically for the cold temperatures and winter road conditions.

During November and December 2011 the UK's average temperature fell from 8.7°C to 4.8°C and Department for Transport figures showed a significant rise in accidents involving slippery roads in the winter months. A similar trend was recorded in 2010.

As soon as temperatures drop below 7°C, specialist winter rubber performs better than regular summer tyres. Winter tyres provide better grip and higher levels of traction when needed.

Estimates say that less than 5% of motorists fit winter tyres to their cars each year which could mean more than 27 million cars on UK roads are now using tyres not suited to the conditions they face each day.

With specially-formulated tyre compounds and deeper tread patterns, winter tyres such as the Cooper WM SA2 and WeatherMaster Snow provide better grip in lower temperatures whether surface is dry, wet or icy, making them ideal for Britain's roads, more than 130,000 miles of which will never see a gritting lorry through the course of the winter.

"Many of us have seen the performance of winter tyres in action on the continent," said Pete McNally, General Manager of Cooper Tires European Technical Centre. "Anyone who's been on a ski holiday will have seen Europeans driving around on snow with levels of grip that most UK motorists only dream of in the winter.

"British drivers need to realise that winter tyres not only offer a safer option when it snows, they are also specifically designed to operate at temperatures below 7oC, making them ideal from December right through to April when the temperatures usually rise again."

For more information, visit coopertire.co.uk.

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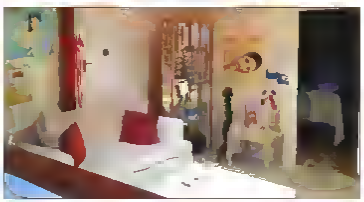

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Golf

Elite Sussex boys' squad at Goodwood

THE FINEST boy golfers in Sussex have just emerged from an intriguing and intensive two day training programme at Golf At Goodwood in which heavy emphasis was placed on their physical abilities as well as their golfing skills

This imaginative regime for the 12 players whose ages range from 15 to 17 was devised by Goodwood professional Ryan Fenwick, winner of the Sussex Open and PGA championships in the same year in collaboration with Olympic strength and conditioning coach Steve Goat.

The object of the exercise was to show the youngsters that physical strength and fitness are just as vital as golf shot-making in terms of winning and Ryan explained "The highlight of the session was the talk by Steve who spoke to the boys about the discipline, courage and work that Olympic athletes go through to attain their goal."

The squad was also taken through a fundamental movement session plus the warm-down and stretching techniques that form a vital part of a top class athlete's daily routine and can also be applied successfully to maintain strength and suppleness so essential for a top class golf swing.

Nor were golf skills overlooked during the two day session as the youngsters competed on both Downs and the Park courses under the watchful and expert eye of Ryan Fenwick who coached on both days as he studied the techniques of the elite squad and paid each of the individual attention. The squad eagerly look forward to the next training session in February 2013

Football

Ex-City player gets national call-up

Matt Smith (Photograph: Lee Bellman)

A FORMER Chichester player has been called up to play for the national Australian side.

30-year-old Matt Smith previously made over 100 appearances for Chichester between 2001/02 and 2005/06 having originally graduated through the U-18 side. He helped City win the County League title in 2003/04 before moving away to Gloucestershire to study at Hartpury College, and during this time Smith made appearances for Southern League sides Swindon Supermarine and Cirencester.

Then, in 2007, Smith started a new life in Australia and began playing for a team called Palm Beach in the Brisbane State League. From there, he has spent time with Brisbane Strikers, North Queensland Fury and is currently captain of Brisbane Roar. In 2011 he helped the Roar win the A League Grand Final in front of a 52,000 sell-out crowd.

And Smith has now been named in the 25 man Australian national squad for the qualifying games of the East Asian Cup which take place in Hong Kong during December.

Sussex County Football League

DIVISION 1

Team	P	W	D	L	F	A	GD	PTS
PEACEHAVEN & TELS.	38	13	4	1	54	19	35	43
EAST PRESTON	38	12	4	2	48	19	29	40
RYE UNITED	36	12	3	3	51	28	23	39
HASSOCKS	21	12	2	7	49	32	17	38
REDHILL	38	11	2	5	35	21	14	35
EAST GRINSTEAD TOWN	21	10	4	7	38	34	22	34
LINGFIELD	19	10	3	6	48	39	9	33
LANCING	19	10	2	7	51	30	21	32
RINGMER	17	10	2	5	32	25	7	32
PAGHAM	36	9	2	5	37	29	8	29
HORSHAM YMCA	38	9	1	8	54	29	25	28
ST FRANCIS RANGERS	20	8	3	9	30	36	-6	27
ARUNDEL	20	7	5	8	27	40	-13	26
CROWBOROUGH ATHLETIC	19	8	1	10	35	47	12	25
SIDLEY UNITED	19	6	4	9	35	48	13	22
SHOREHAM	19	7	1	11	30	44	-14	22
DORKING WANDERERS	20	5	5	10	32	46	14	20
HAILSHAM TOWN	36	6	1	9	29	40	-11	19
SELSEY	19	5	4	10	19	33	-14	19
CHICHESTER CITY	21	3	3	15	25	58	-33	12
AFC UCKFIELD	38	2	3	13	25	63	38	9
WORTHING UNITED	38	0	3	15	21	63	42	3

DIVISION 2

Team	P	W	D	L	F	A	GD	PTS
NEWHAVEN	17	12	3	2	48	27	21	39
LITTLEHAMPTON TOWN	14	11	2	1	44	11	33	35
LITTLE COMMON	16	10	3	3	52	18	34	33
EASTBOURNE UNITED AFC	15	10	3	2	53	22	31	33
BROADBRIDGE HEATH	16	9	4	3	41	23	18	31
BEXHILL UNITED	15	8	6	1	38	24	15	30
WESTFIELD	15	7	4	4	33	22	11	25
LOXWOOD	18	6	5	7	33	29	4	23
MIDHURST & EASEBOURNE	15	5	6	4	38	30	8	21
SOUTHWICK	38	6	1	9	35	37	-2	19
MILE OAK	16	4	6	6	31	32	1	18
SEAFORD TOWN	14	4	5	5	23	29	-6	17
WICK	15	5	1	9	28	38	10	16
STORRINGTON	38	4	4	10	26	47	-21	16
RUSTINGTON	16	4	2	10	29	44	15	14
OAKWOOD	38	3	3	10	24	47	-23	12
STEYNING TOWN	15	2	5	8	31	39	-8	11
SALTDEAN UNITED	17	0	1	16	15	104	-89	1

DIVISION 3

Team	P	W	D	L	F	A	GD	PTS
SIDLESHAM	10	8	2	0	40	13	27	26
BARNHAM	11	7	1	3	38	17	21	22
BILLINGSHURST	9	7	1	1	27	12	15	22
HAYWARDS HEATH TOWN	9	6	2	1	24	7	17	20
UCKFIELD TOWN	9	5	2	2	21	13	8	17
CLYMPING	10	4	2	4	11	17	-6	14
PERRING	10	3	3	4	19	30	-11	12
ROFFEY	10	3	2	5	20	21	-1	11
IFIELD	10	3	2	5	21	25	-4	11
ROTTINGDEAN VILLAGE	12	3	0	9	17	44	-27	9
TD SHIPLEY	10	1	1	8	9	33	-24	4
HURSTPIERPOINT	10	1	0	9	9	24	15	3

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See website for Menu

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